PREPPIES OF THE SILVER SCREEN
PARSING A CINEMATIC SUBGENRE {page 23}

GET AHEAD WITH MAKE-AHEAD DISHES
FESTIVE WILD RICE FOR HOLIDAYS {page 32}

CHRISTINA IN A BURLESQUE STATE OF MIND
SCENE {page 21}

VANCOUVER metro®
Weekend, November 19-21, 2010
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News worth sharing.

MLS. Signing

▶ Jay DeMerit greets media on Thursday after signing with the Vancouver Whitecaps FC.

STEPHANIE ORFORD/FOR METRO

Whitecaps ink deal with DeMerit

DeMerit left his position as captain with Watford FC in Hertfordshire, U.K., to join the 'Caps for their first season in Major League Soccer in 2011. "Vancouver presented a great challenge for me, on a personal and professional level," said DeMerit, adding he feels he is joining the Whitecaps at the pinnacle of his career. Story, page 10.

Teen accused of sex recruitment

14-year-old also pimped herself on Craigslist: RCMP {page 4}

Quaids land spot on 22 Minutes

'Like John and Yoko, but more like John and Loco' {page 12}

D'oh: Man stabs himself in doughnut store robbery

Shop manager says the incident was one of the weirder sights in the restaurant's 25-year history

KIMIYA SHOKOOHI
VANCOUVER@METRONEWS.CA

A 22-year-old Vancouver man inadvertently stabbed himself with a knife in his pocket while allegedly trying to rob a doughnut and fast-food restaurant early Thursday morning.

Police arrived at the shop at 2 a.m. after a customer reported a robbery. They found the intoxicated suspect on the floor with a wound to his abdomen.

Police recovered a large butcher knife while taking the man into custody and concluded the suspect had fallen on the weapon.

He was taken to hospital for treatment and was then transferred to the Vancouver jail, where he is facing robbery charges.

The man had been making late-night visits to the shop several times a week over the past couple of months, said restaurant manager Paula Chhuon.

He's known to employees for allegedly stealing energy drinks, fruit and other items.

"We gave him a piece of chicken and hoped he'd go away, but he started stealing (beverages)," Chhuon alleged regarding the man's stop at the restaurant early Thursday. "And that's when he fell on his own knife."

KIMIYA SHOKOOHI/FOR METRO

▶ Paula Chhuon, restaurant manager at Duffin's Donuts on 41st Avenue Thursday.

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A game of This Day in November proves this month is a wacky one for the music world. More at metronews.ca/backbeat

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MARTIN DEE/UBC

▶ Dr. Evan Wood, founder of the International Centre for Science In Drug Policy, says Vancouver's adoption of the Vienna Declaration is timely.

Council officially backs Declaration

The Vienna Declaration was drafted by international committee of experts in HIV-AIDS and drug policy ◗ Vancouver now third municipality in Canada to support it, after Toronto, Victoria

KRISTEN THOMPSON
@METRONEWS.CA

The City of Vancouver has voted unanimously to endorse the Vienna Declaration, an international campaign calling for governments to adopt evidence-based drug polices that reduce harm, rather than tougher laws.

This means that city policies regarding urban health and drug addiction will now be guided by science and data, not ideology, said Coun. Kerry Jang, who brought the motion to council.

"As we get more municipalities endorsing (the Vienna Declaration) it's saying this is something the whole country needs to do," Jang said.

Vancouver's supervised injection site — which research shows reduces the spread of disease, prevents overdose deaths and points users toward treatment — is governed by this principle.

The federal government has tried several times to shut the facility down, arguing it violates drug laws.

Dr. Evan Wood, founder of the International Centre For Science In Drug Policy, said the endorsement is timely, given that the federal Conservatives are proposing mandatory minimum sentences for even minor drug offences.

"Research from the U.S. demonstrates that Bill S-10 will only increase drug market violence ... and direct billions of taxpayer dollars into failed policies instead of towards proven prevention and treatment approaches," added Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS.

"It's huge to have Vancouver behind this (cause)," he said. "(When) we came out with the Vienna Declaration in the summer, the ... federal government said ... it was not in keeping with (its) policies. (But) major cities in this country are actually sending the opposite message."

Montaner, who received the 2010 Prix Galien Canada award in Ottawa on Tuesday, said as more cities back the Declaration, the government won't be able to keep ignoring the issue.

"The fact that we have (council's) support is a clear demonstration that those who are close to the action and close to the evidence are open-minded enough to (support the declaration)," Montaner said.

Endorsements

Since its launch on June 27, the Vienna Declaration has been endorsed by seven Nobel Laureates, thousands of scientific experts, law enforcement leaders, and current and former heads of state.

"We're signing this declaration because we believe that drug addiction needs to be treated as a health issue, not a criminal issue."

MAYOR GREGOR ROBERTSON

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Chilliwack cops nab alleged teen pimp

Police say Craigslist ad has been removed • Site's operators have been co-operative with investigation

J.J. MCCULLOUGH
VANCOUVER@METRONEWS.CA

Police in Chilliwack announced Thursday that charges have been formally laid against a 14-year-old girl who is alleged to have been actively involved in recruiting other young teens into the sex trade.

The youth, who has previously solicited her own sexual services through the "erotic services" section of Craigslist, was arrested on Nov. 5, along with one of her alleged clients, David Thomas Hilpert, 51. Both are facing December court dates.

Police believe at least two other teens have been recruited into prostitution by the alleged pimp, whose name cannot be made public due to her young age.

Under-age pimping has been described as a disturbing trend in North America, as former teen prostitutes shift to exploiting their peers as a way to generate income.

J.J. MCCULLOUGH/FOR METRO

An inside look at the new B.C. Place

Support masts nearly finished

BEAMS. More than half of the 36 masts needed to hoist the stadium's new roof have now been installed, with the remainders to be placed by 2011. The 50-metre towers have already dramatically altered the city skyline.

$563M

In all, the stadium renos are estimated to cost more than $560 million, with the competition date set sometime in fall of 2011, just before the Grey Cup.

World-record cloth roof

LARGEST IN THE WORLD. When completed, the new retractable cloth ceiling will be over 76,000 square metres in diameter — the largest of its kind on Earth.

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B.C. Place estimates that they'll be able to slash nearly a quarter of their present energy budget with the new, more eco-friendly roof.

Huge amounts of metal

MATERIALS. More than 16,000 tonnes of steel, imported from Japan and Taiwan, was brought into British Columbia to complete the project, along with 35 kilometres of wire.

Makeover to ditch dated look

DESIGN. Most of the stadium's '80s-era design aesthetics will be completely purged as part of extensive interior redesign. 9,850 square meters of brown glass windows will be replaced with clearer Vancouver green. • J.J. MCCULLOUGH

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NICK LATHAM/GETTY IMAGES

▶ Pacquiao, right, fights Antonio Margarito last weekend.

Manny Pacquiao day?

Pacquiao named world's greatest current athlete by FoxSports.com

Mayor Gregor Robertson wants to host a "Manny Pacquiao Day" in Vancouver and has even penned a letter to invite boxing's fighter of the decade to the West Coast. In his Nov. 10 letter of invitation, Robertson praises Pacquiao for his achievements and his positive impact on youth and says many of the boxer's most enthusiastic Filipino-Canadian fans live in Vancouver.

Pacquiao has not formally replied to the mayor's invite and no trip to Vancouver has been confirmed.

"The Philippine Consulate welcomes Mayor Robertson's initiative of holding a Manny Pacquiao Day in Vancouver," said Raly Tejada, acting Consul General at the Philippine Consulate in Vancouver.

"Manny is truly a living icon to ... the almost half a million Filipinos in Canada." JEFF HODSON

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▶ Jon Montgomery talks to media Thursday at Jack Poole Plaza in Coal Harbour.

JON MONTGOMERY

"I WANT TO SHARE IT WITH CANADA"

Canadian Olympian Jon Montgomery, who won men's gold for skeleton in the 2010 Olympics, is in town with Canada's best skeleton and bobsleigh athletes to kick off the FIBT World Cup.

How have the last few months been for you?
"It's been absolutely incredible. We've been busy as a one-armed paperhanger. We've been everywhere from St. John's, Newfoundland, to Comox the next day, and everywhere in between. Hong Kong, Uganda, Amsterdam, Edinburgh. We've been everywhere."

How did it feel to go from relative obscurity to Canada-wide fame?
"It's been incredibly rewarding and challenging. Although you'd love to be able to help everybody, you simply can't stretch yourself too thin."

What are you most looking forward to in the upcoming months?
"Having some semblance of a schedule and a little downtime to really focus on being an athlete. I'm looking forward to travelling with my friends, skeleton sliding everyday, and training at the gym and getting ready for world champs in Germany."

I love how you consider that "down time."
"Yeah. Tomorrow we'll be back to business and sliding and focusing on getting faster everytime we go down the track." STEPHANIE ORFORD

News in brief

Reyat sentencing delayed

COURTS. The sentencing hearing for Inderjit Singh Reyat, accused of perjury in the Air India trial, has been put over until next year. The Crown is asking for the maximum sentence of 14 years.

Man killed in crash

BURNABY MOUNTAIN. A 22-year-old West Vancouver man was killed when his car veered into oncoming traffic on Gaglardi Way, causing a three-car collision. Police say speed, distracted driving and road conditions may have been factors. KRISTEN THOMPSON

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SHOPPERS DRUG MART

Holiday balancing act

Have it both ways with finances and fun this year The Smart Cookies are five friends who started a group to get smart with money

KRISTEN THOMPSON
@METRONEWS.CA

The holidays can bring as much stress as they do joy, in part because of the havoc the season plays on pocketbooks.

But if you put a little forethought into your spending, you can easily have your proverbial Christmas cake and be debt-free, say budget-crunching gurus The Smart Cookies.

"In any situation where you are going to be spending more than you normally do, come armed with a plan," said Katie Dunsworth, one of the Vancouver-based Smart Cookies. "That seems like basic advice, but create a budget."

She says a good way to account for increased holiday spending without being hit with a massive bill is to cut back on unnecessary expenses.

"We call it the rather factor," Dunsworth said.

"What would you rather have? These are (things) like coffees and meals out. There's nothing better than finding money that already exists in your life."

As for gift giving, Dunsworth said "more isn't necessarily more."

"It's the thought that counts, and I know that it sounds cliché, but it's the idea of picking up on a nuance or an interest that someone might have and giving them something that's really special.

SUBMITTED

The Smart Cookies, from left, Robyn, Katie, Sandra, Angela and Andrea.

"It's not how much you spend, it's the thought that you're able to put into the gift. Be creative."

In Dunsworth's circle, for example, they re-gift items — like books or music — that they really enjoyed that year but don't necessarily need to keep.

"And it doesn't cost anything," she said.

Tips and tricks

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- Give an experience as a gift through sites like Groupon.com or OneSpout.com. You can get discounts off things like spa services or outings.
- Do gift draws with your family. Invest in one nice item for your Secret Santa instead of dozens of small presents for everyone
- Visit smartcookies.com for a script on how to buy big-ticket items — like electronics — and get a free warranty, accessory or installation.
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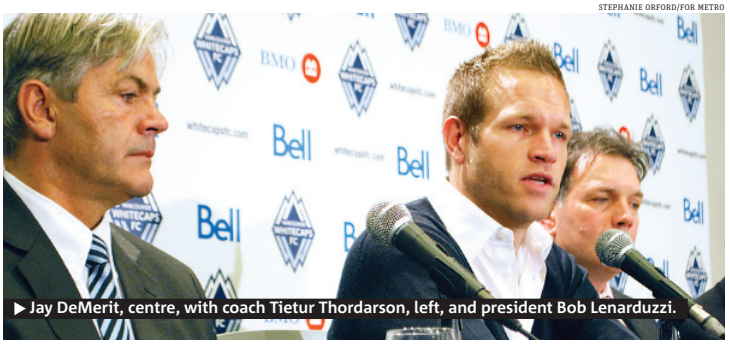

▶ Jay DeMerit, centre, with coach Tietur Thordarson, left, and president Bob Lenarduzzi.

Whitecaps sign first MLS player

DeMerit has played in England, U.S. He started all four matches for the U.S. in this year's World Cup

The Vancouver Whitecaps Football Club announced Thursday it had signed American defenceman Jay DeMerit, former captain for Watford FC in the U.K.

The 30-year-old centre-back from Wisconsin will be the first player to join the Whitecaps, slated for their inaugural Major League Soccer season, starting in March.

Bob Lendarduzzi, Whitecaps FC president, said DeMerit's leadership will be valuable on and off the field.

DeMerit said he felt like he made the right decision coming to play for the Whitecaps.

"Vancouver ticked pretty much every box that I could think of as what I wanted in a new move. It's an aspiring club. It's a challenge to be a leader on the field and off the field."

The terms of the contract were not disclosed.

STEPHANIE ORFORD

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▶ Randy and Evi Quaid are seen at a film festival in January of 2008.

Trying a bit too hard?

22 Minutes host interviewed Randy Quaid at Rogers Arena while wife clad in white bikini and Canadian hockey jersey, skated circles around them

To Mark Critch of 22 Minutes, Randy Quaid seemed like a guy you could sit down with on a Saturday night and have a few beers while watching the Leafs and Habs.

Quaid's wife, Evi? Not so much.

"It's good to see a couple in love. Like John and Yoko, but more like John and Loco," said Critch, who recently interviewed the U.S. film star and his wife for a piece that will air Tuesday night on the satirical CBC-TV show.

The Quaids are seeking refugee status in Vancouver, claiming their lives are in danger from "Hollywood star-whackers."

THE CANADIAN PRESS

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High court to hear search and seizure case

The Supreme Court of Canada will hear the case of an accused B.C. gangster who says his charter rights were violated by police who found drugs and weapons in his car and home.

Jonathan Bacon and his associates Godwin Cheng and Rayleene Burton were arrested in August 2005 after a police surveillance team saw them transferring packages between vehicles.

Subsequent searches found a cache of automatic weapons, silencers, a bulletproof vest and a police uniform, as well as marijuana, ecstasy, cocaine and more than $90,000 in cash.

The trio were charged with 15 counts of drugs and weapons offences — charges they challenged in court, arguing that Abbotsford police did not have sufficient cause to search them and, therefore, violated their charter rights.

A Provincial Court judge agreed and in 2008 the charges were dismissed.

The Crown appealed and the B.C. Appeal Court overturned that decision in March, ordering a new trial.

THE CANADIAN PRESS

News in brief

Off-duty officer catches theft suspect

CRIME. An off-duty West Vancouver police officer is being credited with helping North Vancouver RCMP catch an alleged car thief after following the vehicle to a gas station.

The suspect, a 21-year-old man, had allegedly been seen throwing purses out of the stolen car.

KRISTEN THOMPSON

‘Running won’t do you any good’: Stalker

- ‘This case involves a lifetime of terror’: Prosecutor
- Convicted man dated woman in high school — in ’75

A West Virginia man’s obsession with an ex-girlfriend led him to kill her mother and a friend, and then to stalk her for decades — even after he went to prison, court officials say. Now his obsession has netted him a new prison sentence of nearly 20 years.

Thomas C. Shrader was sentenced Thursday to 19 years and seven months.

U.S. District Judge Irene Berger opted for the maximum under proposed penalties for offenders deemed armed career criminals.

“You’ve refused to move on. You’ve refused to let go, causing such difficulties,” Berger told the 56-year-old.

“You’ve pursued this obsession for about 35 years. The sentence is appropriate and necessary.”

Separate juries had found Shrader guilty earlier this year of interstate stalking and of being a felon in possession of firearms.

Most recently, Shrader had tracked down the woman and her family in Texas before phoning her, and then last year sending her a 32-page ultimatum that warned, “Running won’t do you any good.”

The FBI found long guns in Shrader’s Mercer County home when he was arrested after sending the letter.

Shrader is appealing his convictions.

THE ASSOCIATED PRESS

Prison past

While in prison, Shrader tried to sue the ex-girlfriend, alleging she had promised to marry him. He also escaped from the McDowell County Jail in the late 1970s.

In the 2009 letter, he told the woman he had gone to her house to look for her while on the lam.

He pleaded guilty to escape in 1979, adding a year to his earlier sentence.

China. Justice

▶ Karen Patterson with her husband’s lawyer.

ANDY WONG/THE ASSOCIATED PRESS

Fighting for freedom

Karen Patterson of Calgary is doing everything she can to draw international attention to the plight of her husband, Chinese artist Wu Yuren. Wu led a daring march toward Tiananmen Square earlier this year, and is now facing trial for a scuffle with police that his supporters say is revenge for his work.

Hong Kong officials try to calm bird flu fears

Hong Kong’s health secretary says there is no increased risk from imported poultry after the territory confirmed its first case of human bird flu in seven years.

York Chow’s comments come amid concern that the case involving a woman hospitalized after returning from mainland China threatens public health in Hong Kong.

Chow said Thursday that he had been assured by Chinese government officials that the poultry Hong Kong imports was safe.

After Hong Kong’s government confirmed the 59-year-old woman’s case Wednesday, it raised the bird flu alert to “serious,” meaning there is risk of contracting the disease within the territory.

THE ASSOCIATED PRESS

6 **The first outbreak of the bird flu virus in Hong Kong in 1997 killed six people.**

Be very careful what you tweet in China

China has sentenced a woman to a year in a labour camp for “disrupting social order” by retweeting a satirical message about Chinese protesters, Amnesty International said.

Cheng Jianping, 46, reposted a message from the social networking site Twitter last month hinting that Chinese protesters should smash the Japan pavilion at the Shanghai Expo and adding on the message “Angry youth, charge!” according to Amnesty, which condemned the sentence in a statement Thursday.

Amnesty and Cheng’s fiancé said her retweet was meant as satire, mocking anti-Japanese protesters who had grown in number since tensions between the countries increased after a dispute erupted in September over islands claimed by both Japan and China.

“Sentencing someone to a year in a labour camp, without trial, for simply repeating another person’s clearly satirical observation on Twitter demonstrates the level of China’s repression of online expression,” Amnesty International’s Asia-Pacific director Sam Zarifi said in a statement.

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It's night, so the doctor is ... out

MDs who work 'bankers' hours' rile Canadians, survey reveals
Evenings, weekends are difficult

Sick of your family doctor working the same hours as bankers?

You're not alone.

The Health Council of Canada researched health-care systems in 11 countries and found that Canadians have the most trouble visiting their doctors after hours.

"Canadians have the greatest difficulty accessing care in the evenings, on weekends, and on holidays — anywhere other than in the emergency department," says the survey.

Canadians are also the biggest users of emergency room services — with 44 per cent of respondents saying they had been to the ER at least once in the past two years

Forty-seven per cent said they would have gone to their usual clinic if it had been available.

TORSTAR NEWS SERVICE

Prescription

- The survey collected answers from about 20,000 adults in Canada, Australia, France, Germany, the Netherlands, New Zealand, Norway, Sweden, Switzerland, the U.K. and the U.S.
- The Canadian sample size was 3,309 people.

Los Angeles. A tall tale

▶ An official reads the tale of the tape as Wayne and Laurie pose at a Guinness ceremony Thursday in Los Angeles.

NICK UT/THE ASSOCIATED PRESS

Made for each other?

Wayne and Laurie Hallquist have been pronounced man and wife — and Tallest Couple to Wed by Guinness World Records. He is six-foot-11, she is six-foot-five.

Reefer madness: Mom gives child pot

A woman on Thursday admitted giving her two-year-old daughter marijuana and using her cellphone to record the child smoking it.

Jessica Gamble, 21, pleaded guilty in Cincinnati to corruption of another with drugs and tampering with evidence, officials said.

Prosecutors dropped a child endangering charge in exchange for the plea, prosecution spokesperson Julie Wilson said.

Vivid video

- A cellphone video shows the Gamble toddler handling and puffing on a marijuana cigarette.
- It came to authorities' attention after someone gave a copy of the video to a family services agency.

Gamble faces a maximum sentence of six and a half years.

THE ASSOCIATED PRESS

Ice storm hits NASA spacecraft

Talk about bad weather.

A NASA spacecraft hurtled through a cosmic ice storm during a recent flight past a comet.

But it came out unharmed, scientists reported Thursday.

The Deep Impact craft flew within 435 miles of comet Hartley 2 on Nov. 4.

Images reveal a blizzard of white specks surrounding the comet.

"Those are not stars. Those are all chunks of ice," said Michael A'Hearn of the University of Maryland.

THE ASSOCIATED PRESS

9 It appears Deep Impact got hit nine times by icy particles, officials said.

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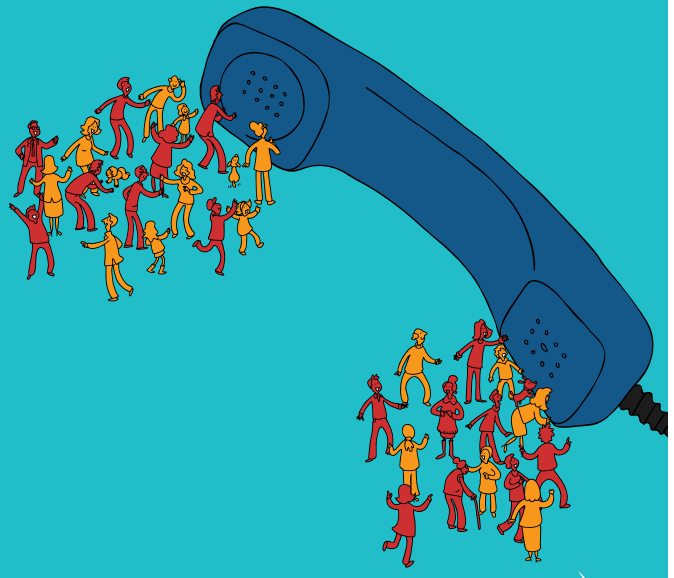

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What will become of flyer data?

U.S. authorities plan to run data of Canadians against watch lists

The federal privacy watchdog says the personal information of Canadian airline passengers who fly through U.S. airspace may end up in the hands of American police and immigration officials.

Privacy commissioner Jennifer Stoddart's conclusion is squarely at odds with the view of Public Safety Minister Vic Toews, who insisted this week the U.S. would use the data only for air security purposes.

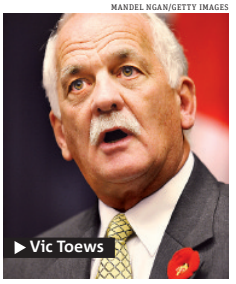
Given her concerns, Stoddart made several recommendations Thursday to a House of Commons committee studying federal legislation that would allow airlines to share passenger information required by the U.S. Secure Flight program.

"As far as I'm concerned, those people that are going to be on the list for seven years or 99 years, they can keep that forever, because I want to be safe when I fly." BRIAN JEAN, CONSERVATIVE MP

Beginning next year, Secure Flight will permit the United States to collect the names, genders and birth dates of the approximately five million Canadians who fly through American airspace every year en route to destinations such as the Caribbean and Mexico — even though their planes never touch American soil.

THE CANADIAN PRESS

MANDEL NGAN/GETTY IMAGES



▶ Vic Toews

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Bolivia. Burning

▶ A man looks on as 32 tonnes of illegally grown coca leaves seized by Bolivian officials burn behind him.

JUAN KARITA/THE ASSOCIATED PRESS

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'Tis the season for wireless savings

Shoppers can get cellphone offers matched or bettered, watchers say

Consumers can expect more deals — and maybe more clout — when shopping for mobile phones during the holiday season in the hotly competitive wireless industry.

The season brings in a big chunk of sales for all the carriers and are especially important to the new players trying to win market share away from Rogers, Telus and Bell.

Telecom analyst Brahm Eiley said it's been a year of discounts in wireless offered by both the new and established players.

Combined voice and data plans from the new players can undercut Rogers, Bell and Telus and their discount brands by more than half. The savings could be up to 75 per cent on data plans, Eiley said.

"The consumers are in the driver's seat. Consumers have so much choice that they really do have a lot of negotiating power."
MARK GOLDBERG, TELECOM ANALYST

THE CANADIAN PRESS

Market moment

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ANNUSHKA PARKS-JOSEPH

DARREN CALABRESE/THE CANADIAN PRESS FILE

▶ Anthony Lacavera, CEO of Globalive, parent company of Wind Mobile, the first of the new players, says this is going to be the most competitive season in wireless in a decade.

Canadian lumber practices disputed

Canada could be facing another prosecution for cheating under the Softwood Lumber Agreement.

The U.S. government could file such a case to the international arbitration court in London as early as Friday after a 40-day consultation process to iron out the dispute that ended in futility earlier this week.

The U.S. Trade Representative's office has complained to the Canadian government that British Columbia used the mountain pine beetle infestation as an excuse to dramatically increase the export of cut-rate lumber into the American market.

The Washington-based Coalition for Fair Lumber Imports says since 2007, when the softwood market in the United States collapsed after the U.S. housing crisis, British Columbia has increased the amount of pine-beetle infested lumber it ships from about 10 per cent to 50 per cent.

For decades, the U.S. building industry and its allies in Congress have been fighting what they say are heavily subsidized Canadian lumber shipments.

The threats of lumber wars have persuaded both governments to sign several deals over the years to manage softwood trade — the latest a five-year agreement in 2006.

THE CANADIAN PRESS

CHUCK STOODY/THE CANADIAN PRESS ARCHIVE

▶ A lift truck loads a trailer with cedar for export to the U.S. at Interfor's mill in Squamish, B.C.

Facebook beefs up MySpace

In a sign of the companies' divergent fortunes, MySpace says it will let its users log in to their Facebook accounts through their MySpace page.

MySpace users have already been able to sync their status updates to their Facebook profiles.

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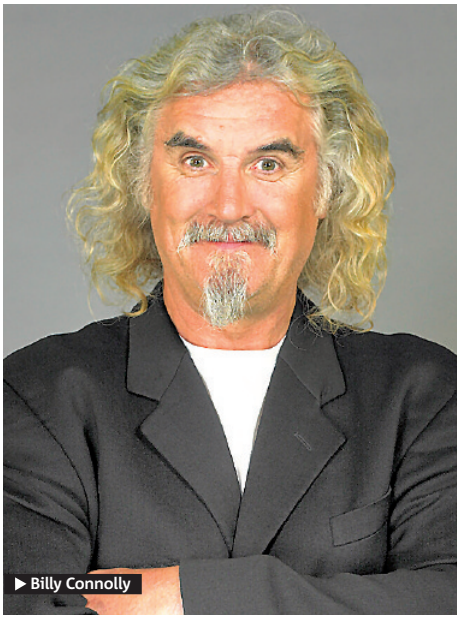


▶ Billy Connolly

5 MINUTES WITH: BILLY CONNOLLY

Billy Connolly is a Scottish comedian, musician and actor. He performs at the Queen Elizabeth Theatre Nov. 25 and 26.

Are Canadian audiences more or less likely to get your jokes?
Oh, more likely. There's a massive British and Scottish influence in Canada, both from immigration and from television, and so I get the benefit of that. Mind you, I've never had a problem anywhere. I just kind of bombard my audience with what I've got and they either like it or they don't. And if they don't, well, tough, that's all there is!

You once joked that they could nuke Glasgow and it wouldn't make any difference. In August, they awarded you the freedom of the city. Did anyone bring that up?
Well, Glasgow can take a joke, thank Christ. You see, in Glasgow, we are blessed by having Edinburgh as our neighbour. Edinburgh is stunningly beautiful and Glasgow is not. We've never looked on ourselves as a beautiful place, and the average Glaswegian looks on Glasgow as a funky place. It's not pretty, but it's got a certain beauty. I love it, I must say.

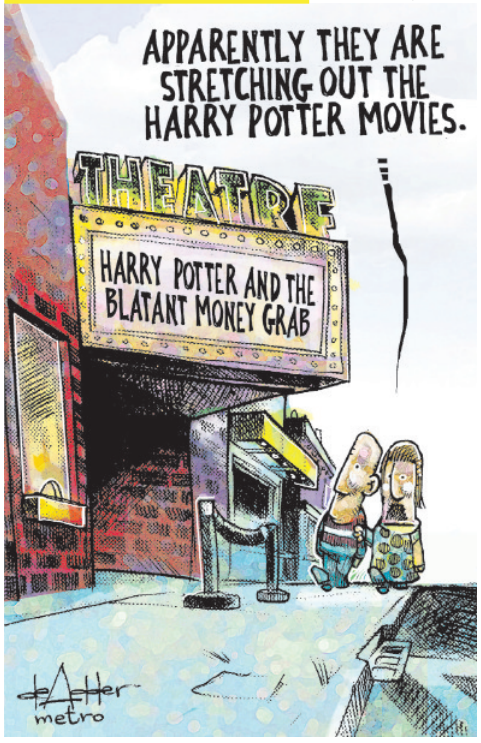
Freedom of the city comes with certain ancient privileges, right?
Yes, I can graze my cattle on Glasgow Green, which is a park down the centre of town on the edge of the Clyde. I'm kind of tempted to get a sheep and go and take it there just to see. I have to defend Glasgow if it comes under attack, which I have for many, many years with gay abandon. And if I'm ever put in jail, I'm entitled to a cell of my own. Isn't that cool?

For your DVD, Journey To The Edge Of The World, you toured Canada's Far North. What impression did it make on you?
I'll tell you the most staggering thing about Canada: There's no bugger there. It's f--ing empty! We were flying for hours one day over forest and I said to this forest ranger guy, "Finally, I understand what being lost means." On the fourth hour flying over this forest I thought, holy s--, if you're lost in there, you're properly f--ing lost, and he says if you're lost in there, if we don't find you in the first 70-odd hours, we're talking 20 years. By that time your family's moved away and you're speaking f--ing wolf.

STEVE COLLINS

Cartoon

MICHAEL DE ADDER



A new family dynamic

Worth mentioning

Is marriage becoming obsolete in the U.S.?

Nearly one in three American children is living with a parent who is divorced, separated or never married. More people are accepting the view that wedding bells aren't needed to have a family.

A study by the Pew Research Center, in association with Time magazine, highlights rapidly changing notions of the American family. And the U.S. Census Bureau, too, is planning to incorporate broader definitions of family when measuring poverty, a shift caused partly by recent jumps in unmarried couples living together.

About 29 per cent of children younger than 18 now live with a parent or parents who are unwed or no longer married, a five-fold increase from 1960, according to the Pew report that was released Thursday. Broken down further, about 15 per cent have parents who are divorced or separated and 14 per cent who were never married. Within those two groups, a sizable chunk — six per cent — have parents who are live-in couples who opted to raise kids together without getting married.

Indeed, about 39 per cent of Americans said marriage was becoming obsolete.

THE ASSOCIATED PRESS

Not a ringing endorsement

What's the secret to a successful marriage?

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Metro Minute at Van City music fest

Vancouver continues to grow its musical moustache as local musical act The Movemberists headline tonight's Vancouver City Limits music festival.

The Movemberists, Flying Monkey Horns and Steve Elliott are scheduled to stage an admission-by-donation show at Stanley Park's Vancouver Rowing Club at 8 p.m. The show is a part of an ongoing weekly initiative that showcases three growing music acts at various locations around the city. Vancouver City Limits founder Bruce Gerrish started the weekly concerts in September as a means for new talent to present their music to live audiences. For more, visit vancouvercitylimits.com.

KIMIYA SHOKOOHI

Three days to play

DO YOU PLAN ON WATCHING PRINCE WILLIAM AND KATE MIDDLETON'S WEDDING?

Leigh Thomas
VANCOUVER
I'll flick it on and watch part of it, probably not all of it, just because we've heard so much about them growing up.

Roman Howard
VANCOUVER
Absolutely not. The way I feel about the Royals is they're too much. They just don't do it for me.

Aguilera tackles acting in Burlesque

Pop star gets starring role in first film Excited to take on new challenge Found it tough to turn off her character while not filming

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

With a voice that always seems too big to be coming from her small frame, it's no surprise that Christina Aguilera's first foray into film, this month's Burlesque, would be a musical.

"I'm definitely used to coming from a world where I am able to express myself through song, through vocals, through writing lyrics, through poetry and having the time to do so and focus on myself as an artist," Aguilera says.

"I find it much easier to express myself sometimes through song and through vocalizing my emotions. That's why at a young age when I had a very chaotic childhood, I would turn to song as my release out of that environment."

Aguilera insists she relished the challenges of acting for the first time.

"It's a new thing for me, so I really tried to give myself wholeheartedly," she says, though there was at least one unforeseen side effect of taking on the role of Ali, a young performer fresh off the bus from Iowa who works her way up at a Sunset Strip burlesque club.

"I would get very rambunctious," she says of the having to put her own personality aside to embody Ali.

"I had a lot of pent-up energy, because I was being neglectful of myself, that when I wasn't being Ali on camera I was really antsy."

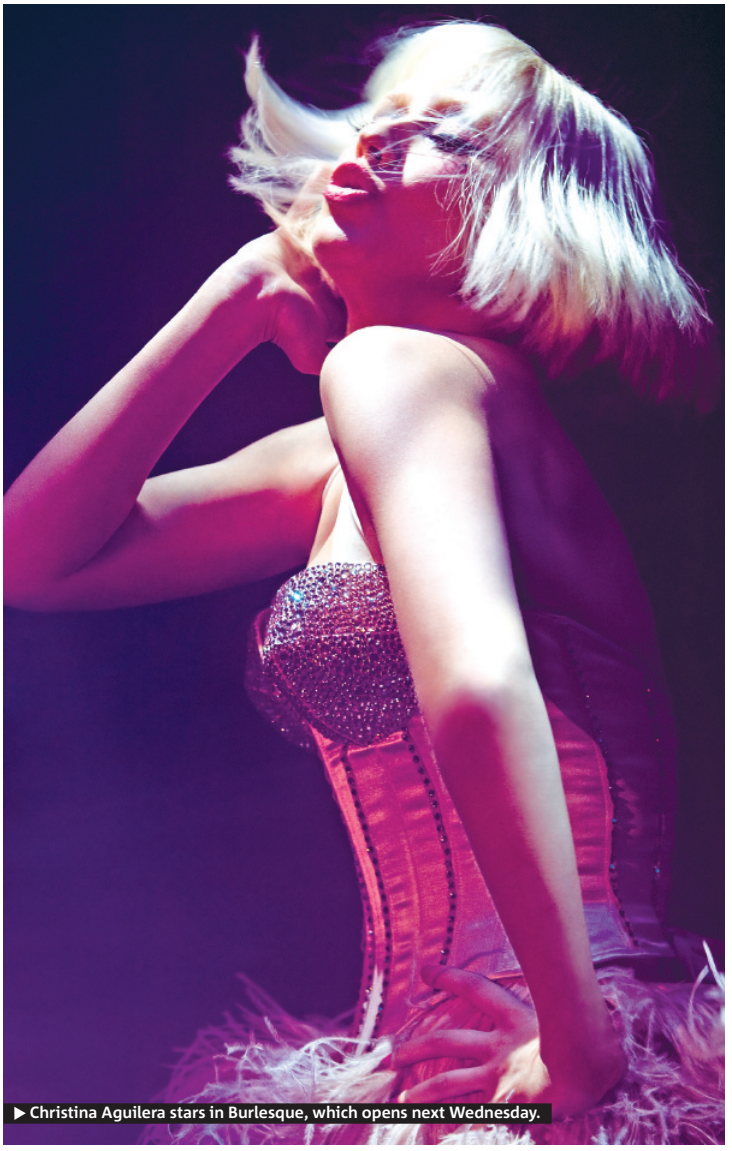
While she's made a name for herself belting out tunes, Aguilera admits she's not breaking out into song at any opportunity when she's not at work.

"I'm very reserved when it comes to that," she says. "I know there are certain singers that won't shut up, but I'm very reserved when I'm going about my normal life. But then whenever the stage hits or it's time to perform, it just comes up. And out."

Of course, she's not completely mum around the house. She still saves some of her voice for her young son, Max. "I sing him to sleep every night, and my favourite song to sing him is this little, soft lullaby from Mary Poppins called Stay Awake," she says.

And while she's completely committed to Max, Aguilera says she never considered putting her career on hold. "I think it would send the worst message possible to my child," she says.

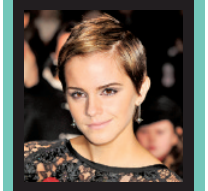
"… I think part of having kids is creating a good balance so that you can then inspire them to be their own individual and find what they're passionate about and what goals they want to achieve in their lives."



▶ Christina Aguilera stars in Burlesque, which opens next Wednesday.

2 scene

Scene in brief



Emma Watson may be leaving Hermione Granger behind on the film set, but not in her heart — the two share a similar passion for learning.

Watson, whose character in the Harry Potter movies made it cool to be a studious teacher's pet, says she's "addicted to knowledge" and motivated to keep learning while doing other film projects.

Watson, who has played Hermione for more than half her life, is a sophomore at Brown University in Rhode Island where she is majoring in history.

THE ASSOCIATED PRESS

Lead actors chosen for Broadway musical The Book of Mormon by the South Park team

Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Potter gets darker and deeper

Harry Potter And The Deathly Hallows Part 1
Genre: Action/Adventure
Director: David Yates
Stars: Daniel Radcliffe, Emma Watson, Rupert Grint
●●●½

Though magic is still central to the series, the childish joy with which the witches and wizards dispatch their powers is almost entirely absent in the latest entry in J.K. Rowling's towering franchise.

Fortunately, that's a good thing, as the first chapter of this epic two part finale is the darkest, strangest, and possibly even the finest Harry Potter movie to date (though be warned that with a downbeat ending peaking the sense of dread before the triumphant battle in Part 2, there's no escape from the darkness for the kiddies in the audience).

The series is now based entirely around an epic battle between good and evil, and anyone who merely dabbled in the early outings might not even recognize the universe.

Don't expect any handholding either as the filmmakers dive into their story midstream with no attempt to bring the audience up to speed. Almost every member of the epic cast makes a brief appearance, but the bulk of the film is spent with Ron, Hermione and Harry searching for a way to kill Lord Voldemort while struggling with the strain of their quest and maturing sexuality.

How good the film really is can only be determined after part 2 is released in July, but for now this surprisingly intense Harry Potter movie suggests the maturing series will end on a high note ● PHIL BROWN

127 Hours
Genre: Drama
Director: Danny Boyle
Stars: James Franco, Kate Mara, Amber Tamblyn
●●●●

Danny Boyle's first film since Slumdog Millionaire earned a reputation for shock on the festival circuit. A plot synopsis will explain why. The film is about the true story of Aron Ralston, who in 2003 was trapped in a canyon for five days and was forced to cut off his own arm to survive. James Franco stars as Ralston and gives the best performance of his career, guiding the audience through the ordeal with a mixture of charm and raw emotion. ● PHIL BROWN

The Next Three Days
Genre: Action
Director: Paul Haggis
Stars: Russell Crowe, Elizabeth Banks
●●

If you chopped off the first half of the film, The Next Three Days would've been a relatively decent thriller. Instead, Crash-director Paul Haggis's drawn-out remake about a college professor (Russell Crowe) cooking up an escape plan for his questionably incarcerated wife (Elizabeth Banks) ends up needlessly overburdened. While Crowe's performance is surely intriguing enough, Haggis's version of the 2008 French film Anything for Her doesn't commit to either credibility or just being a decent genre film. Instead, it's the greater morality of this man's efforts that presumably carry audiences for 133 minutes…only it doesn't quite do it. ● STEVE GOW

BEHIND THE CURTAIN AT PRIVATE SCHOOLS

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA

Hogwarts, a school of magic founded over a thousand years ago by a quartet of the greatest witches and wizards of their age, will once again be front and centre when Harry Potter and the Deathly Hallows: Part 1 opens on Friday. It's the screen's most famous private school, but it isn't the only cinematic bastion of readin', writin' and 'rithmetic.

The granddaddy of the modern prep school movie is 1972's A Separate Peace, a dull film, based on a not-so-dull book by John Knowles, starring Parker Stevenson, which was later remade as a better-than-average made-for-TV movie.

Without the original film's portrayal of Devon Academy we might not have Dead Poet's Society (set at "the best prep school in America") or any other classroom drama that teaches life lessons alongside the three R's.

For instance, the all-star students — Brendan Fraser, Ben Affleck, Matt Damon and Chris O'Donnell — in School Ties learn a lesson not on the curriculum: the power of prejudice. Fraser plays David Greene, a Jewish student at a waspy prep school in the 1950's who becomes the victim of vicious anti-Semitism.

Most noteworthy because of its soon-to-be-famous cast, this came out five years before Good Will Hunting made Affleck and Damon superstars, and a year before Chris O'Donnell was nominated for a Golden Globe for his other prep school drama Scent of a Woman — the movie's message of tolerance resonates when set against today's recent news stories about school bullying.

▶ Sarah Michelle Gellar in Cruel Intentions, one of several Hollywood movies set at a private school.

But don't think all private school movies are about "carpe diem" and uplifting messages. Cruel Intentions sees a group of good looking learners engage in a dangerous game of seduction and betrayal. And the only lesson Chris O'Donnell learns in Scent of a Woman — whose all male boarding school scenes were actually shot at one of the U.S.'s oldest all-female boarding schools — is how to avoid being crushed by the weight of Al Pacino's over acting.

Most vapid, however, is Private School, starring Phoebe Cates and Matthew Modine as star-crossed students from the Cherryvale Academy for Women and the Freemount Academy for Men. Completely devoid of merit, it most famously features gratuitous topless horseback riding and a female shower scene; behaviour Albus Dumbledore would certainly frown on. Critics too frowned upon the movie. One writer said, "hardcore porn has a better reputation" than this teen sex comedy.

5 Best Crowe performances

Russell Crowe digs deep and transforms himself for every role he takes on, making decent movies better and great movies excellent. He's so consistently good, even some off-camera antics from time to time don't become a distraction; he never fails to convince us.

With the opening this week of The Next Three Days, here's a look at Crowe's five most captivating performances.

THE ASSOCIATED PRESS

L.A. Confidential (1997)

He'd made a name for himself already in Australia with 1992's Romper Stomper, but this is the role that made Crowe famous in America. As the beefy detective Bud White, he's got a mean streak, but for all the right reasons. He brutally avenges the abuses suffered by battered wives. He reveals his tortured, tender side in his scenes with Kim Basinger. All the characters and motivations are complex, but Bud White oozes moral ambiguity, and Crowe never makes him anything less than fascinating to watch.

The Insider (1999)

Crowe earned his first Academy Award nomination for best actor for playing Big Tobacco whistleblower Jeffrey Wigand. Michael Mann's smart, suspenseful depiction of real-life events also required Crowe to pack on the pounds, and he steals the show from co-star Al Pacino as a 60 Minutes producer with his measured performance as a conflicted everyman. Wigand is tormented by his knowledge of the danger of tobacco but compelled by a nondisclosure agreement to keep his mouth shut, and Crowe plays his ethical dilemma with quiet moodiness.

Gladiator (2000)

A physical and emotional shift in the opposite extreme for Crowe. In Ridley Scott's historical epic, he's muscular, fierce and intimidating as Roman general Maximus. This is the role that earned him his best-actor Oscar — and the film won five in total, including best picture. For the most part the film feels silly, over-the-top, mindless and empty, but Crowe grounds it by believably conveying his character's remorse. While his low rumble of a gravelly voice provides some gravitas, Crowe also gets to scream. A lot.

A Beautiful Mind (2001)

Crowe's transformation into tortured math genius John Forbes Nash Jr. is stunning — reminiscent of the one he'd pulled off two years earlier in The Insider, but even more effective because Nash's story is so much more personal. It's almost too bad that he won the best-actor Oscar for Gladiator, because he deserved the award even more for his work here. Aging on screen over a period of nearly 50 years, Crowe turns Nash from a swaggering genius to a shaken shell of a man, and the disintegration is believable and compelling.

3:10 to Yuma (2007)

Crowe, as the dangerous Ben Wade, does whatever he wants, whenever he wants. He comes off like a gentleman, quoting scripture and drawing sketches of the people he meets on his travels. But he's still a killer through and through, and Crowe, with his infinite capacity for both charm and darkness, reveals all the colours of his character's personality subtly and brilliantly. His mano-a-mano verbal sparring with Christian Bale, as the rancher tasked with escorting Wade to the train that'll take him to prison, is a joy to watch.

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Film explores the extremes of Brazil

ADAM NAYMAN
SCENE@METRONEWS.CA

▶ Waste Land is a documentary that looks at the world's largest garbage dump in Rio de Janeiro

"I wanted to make a movie about art, but I didn't know how," says Lucy Walker when recalling the genesis of her new film Waste Land, which has been tipped as a possible contender for this year's Best Documentary Oscar.

"I had been thinking of this amazing Spanish film called The Quince Tree Sun, and the idea it had to trace a single painting, through every step of the process. I loved that."

Walker's film isn't about a single painting, but rather an ambitious project she developed with the Brazilian artist Vik Munoz. The plan: to go to the world's largest garbage dump in Rio de Janeiro and create a series of portraits of its employees out of the very trash piled therein.

As Munoz grows closer to the workers, they become collaborators, and in turn, begin to see themselves not only as subjects but artists in their own right.

"You worry constantly about the impact that you're having on these other lives," says Walker. "I think that it was part of Vik's process to work through those issues. And I don't think there any easy answers."

Indeed, Waste Land is a troubling film, especially in the portrait it creates of Brazil as a country brutally divided along economic lines.

"It wasn't until I got to Rio until i realized how perfect a backdrop it was, because the extremes and wealth of poverty are so starkly juxtaposed. On one side of a hill, there are favelas, and on the other side, you have some of the most luxurious apartments in the world."

The imagery in Waste Land is powerful, but a lot of the film's impact is derived from the score by Moby, whom Walker has known since her days in film school in New York.

"He's a super generous guy in addition to being a genius," she says, "and that's why he did the music for our film."

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For Colored Girls (14A) Fri 6:55 Sat-Sun 4-6:55 Mon-Thu 5:35
Hereafter (PG) Fri 6:50-9:35 Sat 4:05-6:50-9:35 Sun 9:35 Mon-Thu 5:30-8:15
Inception (PG) Fri 8:05 Sat-Sun 4:30-8:05 Mon-Thu 8
Louis C.K.: Hilarious (STC) No Passes Thu 5
Never Let Me Go (PG) Fri 7-9:30 Sat-Sun 4:15-7-9:30 Mon-Thu 5:50-8:25
Paranormal Activity 2 (STC) Fri 6:40-9:15 Sat-Sun 4:20-6:40-9:15 Mon-Thu 5:55-8:10
Saw: The Final Chapter (18A) Fri-Sun 9:40 Mon-Thu 8:30
The Town (14A) Fri 6:45-9:25 Sat-Sun 4:10-6:45-9:25 Mon-Thu 5:40-8:20
WWE Survivor Series - 2010 (STC) No Passes Sun 5

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The Other Guys (14A) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30
Prince of Persia: The Sands of Time (PG) Fri 9:25 Sat-Sun 3:25-9:25 Mon-Thu 9:25

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Harry Potter and the Deathly Hallows: Part 1 (PG) Digital Presentation, Dolby Stereo Digital, No Passes, Stadium Seating Fri 7-10:15 Digital Presentation, Dolby Stereo Digital, No Passes, Stadium Seating Sat-Sun 12-3:15-7-10:15 Digital Presentation, Dolby Stereo Digital, No Passes, Stadium Seating Mon-Thu 5-8:15
Megamind (G) Dolby Stereo Digital Fri 6:45-9:15 Dolby Stereo Digital Sat-Sun 12:30-3:45-6:45-9:15 Dolby Stereo Digital Mon-Thu 5:15-7:45
Unstoppable (PG) Dolby Stereo Digital Fri 7:15-9:45 Dolby Stereo Digital Sat-Sun 12:15-3:30-7:15-9:45 Dolby Stereo Digital Mon-Thu 5:30-8

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The Crow (STC) Fri 12
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Das Rheingold (STC) Sat 10
Faster (STC) Wed-Thu 12-3:10-7:10-10:15
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Sun 11:45-3:20-6:20-7-9:50-10:30 No Passes Mon 11:45-3:20-7-9:50-10:30 No Passes Tue 11:45-3:20-6:20-7-9:50-10:30 No Passes Wed-Thu 11:45-3:20-7:10:30 No Passes Fri-Sat 11:15-12:10-2:50-3:45-6:40-7:30-10:10-11:10 No Passes Sun 11:15-12:10-2:50-3:45-6:40-7:30-10:10-11 No Passes Mon-Thu 12:10-2-3:45-6:40-7:30-10:10-11
Megamind (G) Fri-Tue 12-3
Megamind 3D (G) Fri-Thu 12:30-3:30-6:30-9
Monsters (PG) Fri-Thu 1:40-4:40-7:40-10:40
Morning Glory (PG) Fri 1:30-4:30-7:20-10:20 Sat 1-4:30-7:20-10:20 Sun-Thu 1:30-4:30-7:20-10:20
Red (PG) Fri-Thu 12:40-3:40-6:45-9:40
The Social Network (PG) Fri 12:50-3:50-6:50-10 Sat 3:50-6:50-10 Sun-Thu 12:50-3:50-6:50-10

TINSELTOWN
International Village, 88 West Pender, 3rd floor, 604-806-0799
cinemark.com

Carlos (14A) Fri-Thu 1-4:30-8:15
Due Date (PG) Fri-Mon 1:20-2:10-3:50-4:40-6:20-7:10-8:50-9:40 Tue 1:20-3-3:50-5:30-6:20-8-8:50-10:30 Wed-Thu 1:20-2:10-3:50-4:40-6:20-7:10-8:50-9:40 Fri-Mon 3-5:30-8-10:30 Tue 2:10-4:40-9:40 Wed-Thu 3-5:30-8-10:30
Fair Game (PG) Fri-Thu 2:15-5:7:40-10:20
The Girl Who Kicked the Hornet's Nest (14A) Fri-Sun 2:30-6:30-9:45 Mon 2:30-9:45 Tue-Thu 2:30-6:30-9:45
Inside Job (PG) Fri-Thu 2:40-5:20-7:50-10:25
The Next Three Days (PG) No Passes Fri-Thu 1:10-4:10-7:05-10:05
Skyline (14A) No Passes Fri-Thu 1:45-2:55-4:05-5:15-6:25-7:35-8:45-9:55
Unstoppable (PG) No Passes Fri-Thu 1:05-3:35-6:05-8:35 No Passes Fri-Thu 2:20-4:50-7:20-9:50

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street, 604-683-Film
vifc.org

Call Theatre For Showtimes (STC) Fri-Thu

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

Listings not available at press time.

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

Burlesque (PG) Wed-Thu 7-9:55
Due Date (PG) Fri 7:15-9:40 Sat-Sun 12:45-4:15-7:15-9:40 Mon-Tue 7:15-9:40 Wed-Thu 7:20-9:45
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri 6:40-7-7:45-9:50-10:15 No Passes Sat-Sun 12-12:30-1-3:15-3:45-4:30-6:40-7-7:45-9:50-10:15 No Passes Mon-Tue 6:40-7-7:45-9:50-10:15 No Passes Wed-Thu 6:40-7:45-9:50
Morning Glory (PG) Fri 7:25-10 Sat-Sun 1:15-4-7:25-10 Mon-Tue 7:25-10 Wed-Thu 7:30-10
Red (PG) Fri 6:30-9:20 Sat-Sun 12:15-3:30-6:30-9:20 Mon-Tue 6:30-9:20
Tangled 3D (G) No Passes Wed-Thu 7:10-9:40

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Das Rheingold (STC) Sat 10
Fair Game (PG) Fri 6:30-9:10 Sat-Sun 1:40-4:05-6:30-9:10 Mon-Thu 6:30-9:10 Star & Strollers Screening Thu 1
Love & Other Drugs (STC) No Passes Wed 7-9:40 No Passes Thu 6:40-9:40
Megamind 3D (G) Fri 7:15-9:25 Sat-Sun 1:20-3:30-7:15-9:25 Mon-Thu 7:15-9:25
The Next Three Days (PG) Fri 7-9:50 Sat-Sun 1:10-4-7-9:50 Mon-Thu 7-9:50 Star & Strollers Screening Thu 1
Skyline (14A) Fri 6:50-9:30 Sat-Sun 1:30-3:40-6:50-9:30 Mon-Thu 6:50-9:30
The Social Network (PG) Fri 6:40-9:40 Sat-Sun 1-3:50-6:40-9:40 Mon-Tue 6:40-9:40
Unstoppable (PG) Fri 7:10-9:45 Sat-Sun 1:50-4:15-7:10-9:45 Mon-Thu 7:10-9:45

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Conviction (14A) Fri 4:05-7:15-9:50 Sat 12:55-4:05-7:15-9:50 Sun 12:55-4:05-7:15 Mon-Tue 4:05-7:15
Due Date (PG) Fri 4:10-7:20-9:40 Sat 1-4:10-7:20-9:40 Sun 1-4:10-7:20 Mon-Thu 4:10-7:20
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri 3:40-6:50-10 No Passes Sat 12:30-3:40-6:50-10 No Passes Sun 12:30-3:40-6:50 No Passes Mon-Thu 3:40-6:50
Megamind (G) Fri 4-7-9:30 Sat 12:45-4-7-9:30 Sun 12:45-4-7 Mon-Thu 4-7
Red (PG) Fri 3:50-7:05-9:45 Sat 12:40-3:50-7:05-9:45 Sun 12:40-3:50-7:05 Mon-Thu 3:50-7:05
Tangled (STC) No Passes Wed-Thu 4:05-7:15
Unstoppable (PG) Fri 3:55-7:10-9:35 Sat 12:50-3:55-7:10-9:35 Sun 12:50-3:55-7:10 Mon-Thu 3:55-7:10

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Burlesque (PG) No Passes Wed-Thu 12:45-4:30-7:35-10:35
Das Rheingold (STC) Sat 10
Due Date (PG) Fri-Thu 1:20-3:50-7:10-9:55
Fair Game (PG) Fri-Thu 11:45-3:15-7:15-10:05
Faster (STC) Wed-Thu 1:10-4:05-7:40-10:40
Guzaarish (STC) Fri-Thu 12:15-3:40-6:40-10:10
Harry Potter and the Deathly Hallows Part 1: The IMAX Experience (PG) No Passes Fri-Thu 12-3:30-7:10:30
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Sat 12:30-4-7:30-10:15 No Passes Sun-Thu 12:30-4-7:30-10:45
Jackass 3 (14A) Fri-Sat 1:10-4:25-7:40-10:40 Sun 1:10-10:40 Mon-Tue 1:10-4:25-7:40-10:40
Love & Other Drugs (STC) No Passes Wed-Thu 12:20-3:10-7:15-10:25
The Man From Nowhere (14A) Fri-Thu 12:15-3:45-7:05-10:20
Megamind (G) Fri-Tue 1-4-7:05-9:55
Megamind 3D (G) Fri-Thu 12-3:30-6:35-9:30
Morning Glory (PG) Fri-Wed 12:55-3:55-6:55-9:55 Thu 3:55-6:55-9:55 Star & Strollers Screening Thu 1
The Next Three Days (PG) Fri-Thu 1:05-4:15-7:25-10:35
Red (PG) Fri-Thu 11:40-3:40-6:45-9:45
Saw 3D (18A) Fri-Tue 12:55-4:35-7:35-10:35
Skyline (14A) Fri-Thu 12:25-3:45-7:20-10:20
The Social Network (PG) Fri-Thu 12:05-3:05-6:40-10:15
Tangled 3D (G) No Passes Wed-Thu 1-4-7:05-9:55
Unstoppable (PG) Fri-Tue 12:20-12:40-3:10-3:50-6:50-7:45-9:50-10:25 Wed 12:40-3:50-6:50-9:50 Thu 3:50-6:50-9:50 Star & Strollers Screening Thu 1
WWE Survivor Series - 2010 (STC) Sun 5

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

Due Date (PG) Fri-Sun 1-3-5-7:10-9:10 Mon-Thu 7:10-9:10
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:30 No Passes Mon-Thu 6:30-9:30

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Due Date (PG) Fri-Thu 12:10-3:40-7:10-9:55
Faster (STC) Wed-Thu 12:20-3:50-7:20-10:15
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Thu 11:50-3:20-7:10:30 No Passes Fri-Sat 11:30-12:30-3-4-6:30-7:30-10-11 No Passes Sun 11:30-12:30-3-4-6:30-7:30-10-10:45 No Passes Mon 11:30-12:45-3-4-6:30-7:30-10-10:45 No Passes Tue 11:30-12:30-3-4-6:30-7:30-10-10:45 No Passes Wed-Thu 11:30-3-6:30-10
Megamind 3D (G) Fri-Thu 12-2:30-5-7:35-10:05
Morning Glory (PG) Fri-Thu 11:55-3:25-6:55-9:45
The Next Three Days (PG) Fri-Thu 12:15-3:30-7:05-10:25
Paranormal Activity 2 (STC) Fri-Sat 12:20-3:50-7:20-10:15 Sun 12:20-10:15 Mon-Tue 12:20-3:50-7:20-10:15
Skyline (14A) Fri-Thu 11:45-3:15-6:45-9:40
Tangled 3D (G) No Passes Wed-Thu 12:25-3:35-7:15-10:10
Unstoppable (PG) Fri-Thu 11:50-3:20-6:50-9:50
WWE Survivor Series - 2010 (STC) Sun 5

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

Easy A (PG) Fri 4:30-7:30-10:25 Sat 1:30-4:30-7:25-10:30 Sun 1:30-4:30-7:25 Mon-Thu 4:30-7:30
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri 4-7:15-10:30 No Passes Sat 1-4:15-7:30 No Passes Sun 1-4:15-7:30 No Passes Mon-Thu 4-7:15
Hereafter (PG) Fri 4:05-7:10 Sat 1:05-4-7:10:05 Sun 1:05-4-7 Mon-Thu 4:05-7
Life as We Know It (PG) Fri 4:20-7:20-10:15 Sat 1:20-4:20-7:15-10 Sun 1:20-4:20-7:15 Mon-Thu 4:20-7:20
Red (PG) Fri 4:25-7:25-10:20 Sat 1:25-4:25-7:20-10:25 Sun 1:25-4:25-7:20 Mon-Thu 4:25-7:25
The Social Network (PG) Fri 4:15-7:10-10:10 Sat 1:15-4:10-7:10-10:15 Sun 1:15-4:10-7:10 Mon-Thu 4:15-7:10
The Town (14A) Fri 4:10-7:05-10:05 Sat 1:10-4:05-7:05-10:10 Sun 1:10-4:05-7:05 Mon-Thu 4:10-7:05

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Burlesque (PG) No Passes Wed-Thu 12:15-3:20-6:50-9:45
Das Rheingold (STC) Sat 10
Due Date (PG) Fri-Tue 11:50-1:10-2:30-4:20-5:7:05-7:45-9:45-10:25 Wed-Thu 11:50-2:30-5:7:45-10:25
Fair Game (PG) Fri-Tue 12:50-3:50-7:25-10:10 Wed 3:50-7:25-10:10 Thu 12:50-3:50-7:25-10:10 Star & Strollers Screening Wed 1
Faster (STC) Wed-Thu 1:10-4:20-7:40-10:30
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Sat 11:45-12:30-1:30-3:15-4:5-30-7:7:30-9:30-10:30-11 No Passes Sun-Thu 11:45-12:30-1:30-3:15-4:5-30-7:7:30-9:30-10:30-10:45 No Passes Fri-Sun 11:15-1-2:45-5-6:30-8:30-10 No Passes Mon-Tue 1-2:45-5-6:30-8:30-10 No Passes Wed 2:45-5-6:30-8:30-10 No Passes Thu 1-2:45-5-6:30-8:30-10 Star & Strollers Screening, No Passes Wed 1
Jackass 3D (14A) Fri-Tue 1:05-4:30-7:40-10:20
Life as We Know It (PG) Fri-Tue 12:40-6:40
Love & Other Drugs (STC) No Passes Wed-Thu 1:05-4:10-7:05-10:15
Megamind (G) Fri-Thu 12:35-3:45-6:25-9:10
Megamind 3D (G) Fri-Thu 11:40-2:10-4:50-7:20-9:55
Morning Glory (PG) Fri-Thu 1:20-4:25-7:15-10:05
The Next Three Days (PG) Fri-Thu 11:55-3:40-7:10-10:25
Paranormal Activity 2 (STC) Fri-Sat 12:15-3:10-7:35-10:15 Sun 12:15-2:45-10:15 Mon-Tue 12:15-3:10-7:35-10:15
Red (PG) Fri-Thu 12:20-3:55-6:55-9:50
Skyline (14A) Fri-Thu 12:10-3:10-6:45-9:20
The Social Network (PG) Fri-Thu 12:05-3:05-6:35-9:35
Tangled (STC) No Passes Wed-Thu 12:40-3:30-7-9:40
Tangled 3D (G) No Passes Wed-Thu 11:30-2:10-4:50-7:35-10:10
The Town (14A) Fri-Tue 3:25-9:40
Unstoppable (PG) Fri 12:45-3:20-6:50-9:30 Sat 3:20-6:50-9:30 Sun-Tue 12:45-3:20-6:50-9:30 Fri-Thu 1:15-4:10-7:20-10:10
WWE Survivor Series - 2010 (STC) Sun 5

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 7 Sat-Sun 1-7 Mon-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

Alpha and Omega (G) Sat-Sun 2:50
Despicable Me (G) Fri 4:45 Sat-Sun 12:30-4:45 Mon-Thu 4:45
Hereafter (PG) Fri-Thu 9:10
Legend of the Guardians: The Owls of Ga'Hoole (G) Fri 4:45 Sat-Sun 2:45-4:45 Mon-Thu 4:45
Life as We Know It (PG) Fri 7 Sat-Sun 12:30-7 Mon-Thu 7
Secretariat (G) Fri 4:40-7 Sat-Sun 12:30-4:40-7 Mon-Thu 4:40-7
The Social Network (PG) Fri 6:45-9 Sat-Sun 2:30-6:45-9 Mon-Wed 6:45-9 Thu 9
The Town (14A) Fri-Thu 9:20

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Action Replayy (PG) Fri-Sat 12:40-3:50-7:10-10:20 Sun 12:40-9 Mon-Thu 12:40-3:50-7:10-10:20
Burlesque (PG) No Passes Wed-Thu 12:20-3:15-6:40-10
Due Date (PG) Fri-Thu 1:15-4:20-7:40-10:15
Golmaal 3 (STC) Fri-Thu 12:10-3:20-6:45-10:10
Guzaarish (STC) Fri-Thu 12:30-4-7:30-10:45
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Thu 12-3:30-7:10:30 No Passes Fri-Tue 11:30-1-3-4:30-6:30-8-10 No Passes Wed 4:30-8 No Passes Thu 11:30-3-6:30-10 Star & Strollers Screening, No Passes Wed 1
Megamind 3D (G) Fri-Thu 1:20-4:05-7:15-9:45
Morning Glory (PG) Fri-Tue 12:50-3:40-6:50-9:40 Wed-Thu 12:50-3:40-6:30-9:25
Red (PG) Fri-Tue 12:20-3:10-6:40-9:30
Skyline (14A) Fri-Tue 12:45-3:45-7:20-9:50 Wed 3:45-7:20-9:50 Thu 12:45-3:45-7:20-9:50 Star & Strollers Screening Wed 1
Tangled 3D (G) No Passes Wed-Thu 12:15-3-7:05-9:40
Unstoppable (PG) Fri-Thu 1:10-4:10-7:50-10:35
WWE Survivor Series - 2010 (STC) Sun 5

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Burlesque (PG) Dolby Stereo Digital, Stadium Seating Wed-Thu 4:6:45-9:30
Due Date (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:50-4:25-7:40-10:10 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:25-7:40-10:10
Faster (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 4:30-7:50-10:25
Golmaal 3 (STC) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:15-3:35-8 Dolby Stereo Digital, Stadium Seating Mon-Tue 3:35-8
Harry Potter and the Deathly Hallows: Part 1 (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 12-12:30-1-2:45-3:15-3:45-4:15-6-6:30-7-7:30-9:15-9:45-10:15 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Tue 3:15-3:45-4:15-6-6:30-7-7:30-9:15-9:45-10:15 Dolby Stereo Digital, No Passes Wed-Thu 3:15-3:45-4:15-6:30-7-7:30-9:45-10:15
Love & Other Drugs (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:35-7:20-9:55
Megamind (G) Dolby Stereo Digital, Stadium Seating Fri 12:10-3:30 Dolby Stereo Digital, Stadium Seating Sat 3:30 Dolby Stereo Digital, Sun 12:10 Dolby Stereo Digital, Mon-Tue 12:10-3:30
Megamind 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:15-4:05-6:40-9:25 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:05-6:40-9:25
Morning Glory (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:40-3:55-6:50-9:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:50-9:50
The Next Three Days (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:20-3:25-7:10-10:05 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:25-7:10-10:05
Red (PG) Dolby Stereo Digital, Stadium Seating Fri-Sat 6:45-9:30 Dolby Stereo Digital, Stadium Seating Sun 9:30 Dolby Stereo Digital, Stadium Seating Mon-Tue 6:45-9:30
Skyline (14A) Dolby Stereo Digital, Stadium Seating Fri-Sun 12:45-4:7:15-10:30 Dolby Stereo Digital, Stadium Seating Mon-Tue 4:7:15-10:30 Dolby Stereo Digital, Stadium Seating Wed-Thu 10:30
Tangled 3D (G) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:30-7:15-10
Unstoppable (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:10-4:35-7:45-10:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:35-7:45-10:20
WWE Survivor Series - 2010 (STC) Dolby Stereo Digital, Stadium Seating Sun 5

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

Morning Glory (PG) Fri 7:10-9:15 Sat-Sun 2:10-7:10-9:15 Mon-Thu 7:10-9:15
Unstoppable (PG) Fri 7-9 Sat-Sun 2-7-9 Mon-Thu 7-9

CRITERION 4 WHITE ROCK
2381 King George Highway, 604-531-7456, criteriontheatres.com

Listings not available at press time.

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Burlesque (PG) No Passes Wed-Thu 3:30-7-9:55
Das Rheingold (STC) Sat 10
Due Date (PG) Fri-Sun 1:45-4:15-7:05-7:40-9:45-10:25 Mon-Wed 4:15-7:05-7:40-9:45-10:25 Thu 4:15-7:05-7:40-10:25
Fair Game (PG) Fri-Sun 12:50-3:40-7:20-10:10 Mon-Thu 3:40-7:20-10:10
Faster (STC) Wed-Thu 4:10-7:20-10:05
Harry Potter and the Deathly Hallows Part 1: The IMAX Experience (PG) No Passes Fri-Sun 12-3:30-7:10:30 No Passes Mon-Thu 3:30-7:10:30
Harry Potter and the Deathly Hallows: Part 1 (PG) No Passes Fri-Sun 11:30-3-6:30-10 No Passes Mon-Tue 3-6:30-10 No Passes Wed 6:30-10 No Passes Thu 3-6:30-10 No Passes Fri-Sun 1:30-5-9 No Passes Mon-Tue 5-9 No Passes Wed-Thu 4-7:30-10:45 No Passes Fri-Sat 12:30-1-4-4:30-7:30-8-11 No Passes Sun 12:30-1-4-4:30-7:30-8-10:45 No Passes Mon-Tue 4-4:30-7:30-8-10:45 No Passes Wed-Thu 4:30-8 Star & Strollers Screening, No Passes Wed 3
Jackass 3D (14A) Fri-Sun 1:15-4:05-7:25-10:15 Mon-Thu 4:05-7:25-10:15
Life as We Know It (PG) Fri-Sun 12:55-4:10-7:20-10:05 Mon-Tue 4:10-7:20-10:05
Louis C.K.: Hilarious (STC) Thu 9:30
Love & Other Drugs (STC) No Passes Wed-Thu 4:20-7:20-10:05
Megamind (G) Fri-Sun 1:05-3:45 Mon-Thu 3:45
Megamind 3D (G) Fri-Sun 12:20-2:45-5:05-7:45-10:30 Mon-Thu 5:05-7:45-10:30
Morning Glory (PG) Fri-Sun 12:45-3:35-7:10-9:55 Mon-Thu 3:35-7:10-9:55
The Next Three Days (PG) Fri-Sun 12:25-3:55-7:15-10:30 Mon-Tue 3:55-7:15-10:30 Wed 7:15-10:30 Thu 3:55-7:15-10:30 Star & Strollers Screening Wed 3
Paranormal Activity 2 (STC) Fri-Sun 1:25-4:40-7:30-9:50 Mon-Tue 4:40-7:30-9:50
Red (PG) Fri-Sun 1:20-4:25-7:40-10:25 Mon-Thu 4:25-7:40-10:25
Skyline (14A) Fri-Sun 1:10-3:45-7:05-9:45 Mon-Thu 3:45-7:05-9:45
The Social Network (PG) Fri-Sun 12:35-3:50-6:50-9:40 Mon-Tue 3:50-6:50-9:40
Tangled (STC) No Passes Wed-Thu 4:35-7:30-10:20
Tangled 3D (G) No Passes Wed-Thu 3:50-7-9:40
Unstoppable (PG) Fri-Sat 12:40-3:30-7-9:55 Sun 12:40-9:55 Mon-Tue 3:30-7-9:55 Fri-Sun 1:40-4:45-7:35-10:20 Mon-Thu 4:45-7:35-10:20
WWE Survivor Series - 2010 (STC) Sun 5

TWILIGHT DRIVE-IN
260th Street & Fraser Highway, Langley, 604-856-5063

Due Date (PG) Fri-Sun 7:30
Hereafter (PG) Fri-Sun 9:15

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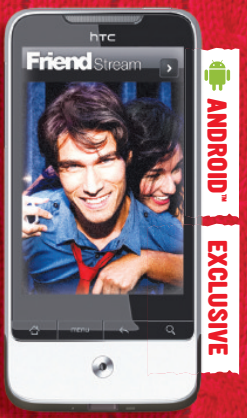

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HOPING TO BREAK OUT IN M-TOWN

At first glance, M for Montreal looks like a local music festival consisting of several days' worth of showcases featuring up-and-coming bands — and it is. At least on the surface.

But it's also part of a global cocktail circuit of similar festivals stretching throughout the rest of Canada, the U.K., Scandinavia, Europe, the Far East, Australia and South America. They may not get the same coverage as mega-events such as Glastonbury, but they form a very important part of the planetary musical ecosystem.

Yes, the general public is welcome to attend, but the real action happens elsewhere. M for Montreal and its kin are scouting and networking platforms and cultural export shows designed to display the music a specific region has to offer the rest of the world. Promoters, bookers, managers, music supervisors, journalists, broadcasters and bloggers are invited from all over to experience the music firsthand, the hope being that deals will be struck, articles will be written, broadcasts will be made and music from these artists will be disseminated to places it might never otherwise reach.

Even Gene Simmons is here with his media entourage. He's looking to sign people to his label, Simmons Records.

Staging one of these events is hugely complex and expensive. Fortunately, music is an area in which many sponsors want to be involved and in many cases, there are large wells of government money from heritage and cultural ministries that make it possible.

This is my second year at M for Montreal and I've met industry folk from all over the world. For many, their knowledge of Canadian music used to extend about as deep as Arcade Fire. By the time everyone heads home on Sunday, they'll be familiar with a completely new crop of indie talent.

Like who? Well, I have high hopes for PS I Love You, who have an impressive album entitled Meet Me at the Muster Station. Montreal's SUUNS practice a dark form of electro-rock that should have international hipster appeal. Jason Bajada and Leif Vollebekk are both Montreal singer-songwriters who deserve more attention, especially here at home.

And I'm most interested in the fortunes of Elephant Stone who conjure images of what the Stone Roses might have been like had they just had a sitar player.

Who knows who might break out this year?

7th heaven

The Expendables

DVD

It's like you died and went to action-hero heaven. The Expendables — with a muscled-up lineup that includes Sylvester Stallone, Jason Statham, Jet Li, Dolph Lundgre, Steve Austin and others — is available on DVD and Blu-ray next week.

Harry Potter

Sales

The newest installment of the Harry Potter franchise is now in theatres, and part two is due out next year. So we decided to do the math to see how much the whole series – books and merchandising, have made to date. Our estimate: $24 billion.

iPod Nano

Tech

Looking for a gift for that special someone in your life? It may not sound romantic, but the iPod Nano is new and improved, and now with a touch screen. To make it a little more personal, why not fill it with all your loved one's favourite songs before wrapping it?

apple.com/ipodnano

The Little Prince

Books

His name is the Little Prince, and he comes from outer space, and now fans of Antoine de Saint-Exupéry's extraterrestrial visitor can enjoy the adventure in a pop-up version of the book.

anthropologie.com

Boutiques.com

Fashion

If you'd love being a fly on the wall during your favourite celebrity's shopping spree, than bookmark Boutiques.com. Earlier this week, Google launched the online shopping platform, where readers and (most notably) celebrities, designers, retailers and fashion bloggers, curate their own little shops with items on their wish lists.

Stay warm

Style

There is no denying it; fall is well into its middle-age and winter is beginning to nip on its heels. But let's face it; who doesn't like wearing thick sweaters once that cold wind blows? There's no better time than now to invest in a warm, wooly one to keep that bone-chilling cold at bay.

SUBMITTED

Boy band bonanza

Two of the best-selling boy bands of all time join forces for a melodic moment at the American Music Awards. The Backstreet Boys and New Kids on the Block will close the broadcast with a musical mash-up. METRO

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Mix of Six

Holiday Shopping

Make It craft fair

The largest show of its kind in western Canada, attendees can check out the handmade wares of nearly 100 crafty local designers. Event takes place at varying times from Friday through Sunday at the Croatian Cultural Centre on Commercial Drive. Admission is $5, or $3 with online coupon. For more info check out www.makeitproductions.com

For more information visit http://www.metronews.ca/vancouver

Hone your combat skills

Umbrella Self-Defence

Learn an elegant style of street combat first practiced by Victorian Londoners in this four-hour course at Hastings Street's Academie Duello.

Runs Sunday, 2 to 6 p.m. $60 fee, sign up at academieduello.com.

Learn about Afghanistan

Human Rights with Sima Samar

Hear Afghanistan's first female cabinet minister give a powerful lecture on the role western democracies can play supporting human rights in the third world.

Held at UBC's Chan Centre, 8 p.m., Saturday.

Take a journey back in time

Antioch Medieval Faire

Sword-fighting, archery, and local artisans abound in this all-ages pageant of historical anachronism.

Located in Maple Ridge's Albion Fairgrounds, the faire will run from 9 a.m. to 6 p.m. on Saturday. Admittance is $10, free for attendees under 18.

Experience our city through film

Vancouver's History in Moving Pictures

See rare CBC footage from Vancouver's colourful past and enjoy a musical performance from local songstress Veda Hille at this unique multimedia experience.

Show starts at 7:30 p.m. on Friday at the CBC's downtown studio. Tickets are $35 and can be bought online at doxafestival.ca.

Get your gadgets on

Hitchhikers Innovation Expo

Science fact emulates science fiction as the Vancouver Public Library showcases the latest technological gadgets inspired by Douglas Adams' classic novels.

All ages welcome, event runs from noon to 3:30 on Saturday.

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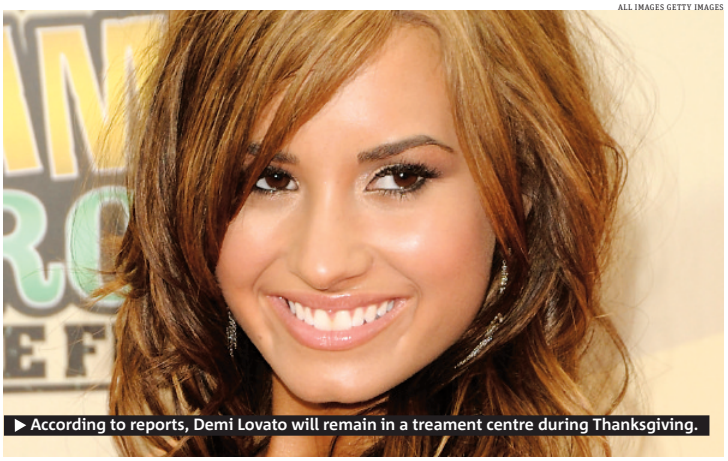
No Thanksgiving wish for Lovato

Disney star to remain at treatment centre

It looks like Demi Lovato isn't getting her wish to go home for Thanksgiving.

The Disney star will reportedly spend the holiday at the treatment center where she's addressing her "emotional and physical issues." But there is some good news: Her family will "be there to celebrate Thanksgiving with her," according to People magazine. Her rep also told the magazine she has more work to do. METRO

ALL IMAGES GETTY IMAGES



▶ According to reports, Demi Lovato will remain in a treament centre during Thanksgiving.

▶ Eva Longoria.

Flirt or a cheater?

Now that Eva Longoria has reportedly filed for divorce, folks close to husband Tony Parker are insisting the basketball player wasn't cheating, according to Hollyscoop.

"They sent each other messages," a source close to Parker says of his interactions with a mutual friend of the couple. "It was flirtatious, but he never did anything with her." METRO

Talking points

Gaga running

MUSIC. Lady Gaga is reportedly trying to get the rights to all pre-fame photos and videos of her, according to More magazine. METRO

Celebrity tweets

Cher [@cher] Actors & vampires come alive at twilight !

Kristen Bell [@IMKristen Bell] alaska why must you hide the sunlight from me everymorning? its sooooo hard to get up!!

Kirstie Alley [@kirstie alley] 3H = ho ho ho....a MUST replacement of LOL for the holiday season...

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Eligible payday loan are payday loans that were borrowed in B.C. before November 1, 2009 that were fully repaid. Payday loans borrowed online are also eligible if the borrower was living in B.C. at the time.

To receive your refund under the settlement, you must complete the online Claim Form at: www.paydayloanclassaction.ca on or before March 13, 2011. If you do not have access to the internet, you can obtain a copy of the Claim Form by calling Hordo & Bennett, at (604) 639-3688.

More information on the settlement can be found a www.paydayloanclassaction.ca.

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Small changes make a big difference

The Eat This series makes food choices easy Advice for eating out or cooking at home

Looks like Americans really do like being told what to eat.

Three years after first telling readers to pick McNuggets over Filet-O-Fish and the low-carb slice over the deep dish pizza, books in the Eat This, Not That! series continue to offer sometimes surprising restaurant and supermarket tips.

The latest entries: the 2011 edition of Eat This,

"Two different ranch dressings can have vastly different calorie counts."
ABBY CHELIAN, ACTRESS

Not That! and a second Cook This, Not That! cookbook offers lower-calorie versions of restaurant favourites like burgers and calzones. That's 10 books and more than six million copies in a series that still sells like hotcakes (which readers are advised to eat with fruit on top, not sugary supermarket syrup).

The "Eat This" concept is simple and clever. Compare similar foods — maybe two sandwiches from the same chain, or two canned soups or chocolate bars — and list the calories, fat and salt in each. The healthier choice is tagged "Eat This" and the one clogged with bad stuff gets a "Not That!"

So, Krispy Kreme customers are told to go for the sugar doughnut over the powdered cake doughnut to save 90 calories while Reese's Peanut Butter Cups gets the nod over Reese's Fast Break bar for a 50-calorie savings.

"Is it the healthiest food imaginable? No," says series co-author David Zinczenko. "But if you try to tell people to put down the burger and go eat some broccoli, they're never going to make any realistic progress."

The latest "Eat This" book includes testimonials from users who lost dozens of pounds, but these are not diet books in the strict sense. Just try finding a weight-loss plan that gives readers a green light to eat Cold Stone Creamery's Oreo Creme Ice Cream Sandwich.

Zinczenko, editor-in-chief of Men's Health magazine, instead educates readers so they can make better — or, in some cases, less bad — choices at a given restaurant and at the supermarket. Order a Pesto Turkey Bullet with tomato basil soup at Quiznos instead of the Turkey Club Torpedo and you're avoiding 360 calories. Do it 10 times and you have avoided gaining more than a pound.

"Eat This" originated as a feature in Men's Health. Zinczenko and co-author Matt Goulding turned it into a franchise that also includes a book on drinks, a supermarket survival guide and "Eat This, Not That! For Kids!"

Small and square, the books fit in a purse or a glove compartment and the heavy-stock pages can handle ketchup splatter. Though reference books, they are compulsively readable because some of the comparison results are so counterintuitive. The Egg and Cheese Wake-Up Wraps at Dunkin' Donuts have 150 fewer calories than its sesame bagel with reduced calorie strawberry cream cheese. Who knew?

"I would carry it in my purse when I went to the grocery store," said Abby Chelian, who received an "Eat This" book and the supermarket guide last Christmas. The 29-year-old Los Angeles-area actress and comedian and her husband used the books to help them lose about 30 pounds each.

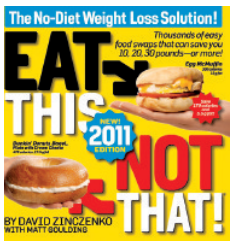
"It really encouraged me to look at labels because I realized how vastly different what seem to be the same products can be," Chelian said.

There has been grumbling over the years that a better way to lose weight would be to skip fast food altogether, though even some critics concede the series serves as a useful nutritional decoder for consumers. Dietitians like Dawn Jackson Blatner, a spokeswoman for the American Dietetic Association, praised the books for showing "you don't have to live like an isolated hermit to make healthy choices."

The food comparison idea is not entirely novel. Weight-loss plans typically advocate swapping one food for another, be it fruit for candy or a pita wrap for bread. Author Dr. Howard Shapiro had previously illustrated how, say, a handful of gummy bears packed the same caloric punch of a pineapple in "Picture Perfect Weight Loss."

But by focusing on food comparisons within the same restaurant, "Eat This" clearly taps into the zeitgeist of a nation that loves to eat out. The information goes down easily with colour pictures and graphics and short, snappy writing.

THE ASSOCIATED PRESS



LARRY CROWE/THE ASSOCIATED PRESS

▶ Stuffed Dates from Eat This, Not That!

Dates, not mushrooms

The folks behind the Eat This, Not That! book series say these indulgent treats are a better choice for a holiday party nibble than the stuffed mushrooms you often encounter. And they are truly delicious.

Start to finish: 30 minutes

Preparation:

1. Heat oven to 220 C (425 F).
2. Using a sharp paring knife, make a slit across the length of each date so that the pocket in the fruit is exposed. Remove the pit inside the date and replace it with an almond.
3. Spoon about 7 ml (1/2 tbsp) of the blue cheese into the pocket over and around the almond in each date. The dates should be tightly stuffed, but not overflowing with cheese. Place each date at the bottom of a bacon strip half and roll up as tightly as possible. Secure with a toothpick.
4. Place dates on a non-stick baking sheet and bake for about 20 minutes or until the bacon has rendered fat and is brown and crispy. Top each with a bit of black pepper and serve.

Ingredients :

- 8 Medjool dates
- 8 almonds
- 50 ml (1/4 cup) crumbled blue cheese
- 4 strips bacon, halved crosswise
- Ground black pepper, to taste

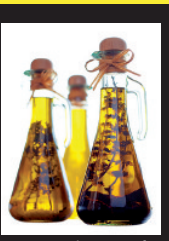
Makes 4 servings.

Nutrition information per serving (values are rounded to the nearest whole number): 280 calories; 125 calories from fat (45 per cent of total calories); 14 g fat (5 g saturated; 0 g trans fats); 22 mg cholesterol; 37 g carbohydrate; 6 g protein; 4 g fibre; 307 mg sodium.

THE ASSOCIATED PRESS

3 life

Food in brief



A pretty glass jar of vegetables or fragrant herbs packed in oil is a popular hostess gift, but if the food hasn't been prepared or stored properly, the recipient could end up getting ill.

Items stored in oil by home cooks or commercial enterprises can include garlic, onions, sun-dried tomatoes, hot peppers, mushrooms, rosemary, chives, sage, basil, and dill. But if they're improperly prepared, canned, heat-processed, bottled or stored, they can cause serious illness, such as botulism, Health Canada warns.

THE CANADIAN PRESS

SCANLIFE

Restaurants Alinea, L20 earn top 3-star ratings in Chicago's 1st Michelin Guide.

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Make-ahead dishes make holiday entertaining easier

Buffet dining means you can enjoy the party as much as your guests

This recipe can be cooked for a period of hours in the slow cooker. It is elegant and a good accompaniment to other dishes on the buffet table.

Wild Rice with Fruit and Nuts

Preparation:

1. To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove and let cool.
2. To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.
3. In a slow cooker, combine wild rice, cranberries, raisins, apricots and almonds.
4. In a bowl, combine broth, orange juice, butter and cumin. Pour over rice and stir to mix. Cover and cook on low for 7 hours or on high for 2 1/2 to 3 hours. Stir once, adding more hot broth, if necessary.
5. When rice is soft, add green onions and parsley. Adjust seasonings, if desired. Cook for 10 minutes longer and serve.

Ingredients:

- 500 ml (2 cups) wild rice (or wild rice blend), rinsed
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) chopped raisins
- 125 ml (1/2 cup) dried apricots
- 125 ml (1/2 cup) toasted slivered almonds
- 1.25 to 1.5 l (5 to 6 cups) chicken broth (approx)
- 250 ml (1 cup) orange juice
- 30 ml (2 tbsp) melted butter
- 5 ml (1 tsp) ground cumin
- 2 green onions, thinly sliced
- 30 to 45 ml (2 to 3 tbsp) chopped fresh parsley
- Salt and black pepper

Recycling bins can't read.
metro
News worth sharing.

Four teams enter, two teams leave

Breaking down the East and West division finals ● All signs point to the Stampeders and Alouettes returning to the Grey Cup

THE CANADIAN PRESS

WEST DIVISION

Weather will certainly be a factor in Calgary, where it snowed heavily early this week. Sunday's forecast calls for cloudy skies and sunny breaks with a high of -13 C. Wind could also be a factor to consider.

All of which suggests tailbacks Joffrey Reynolds of Calgary and Saskatchewan's Wes Cates could be very important figures following the opening kickoff.

Reynolds finished third in CFL rushing with 1,200 yards, averaging a solid 5.5 yards per carry with eight touchdowns.

But his most impressive stat is just one lost fumble in 217 carries.

Cates was fifth among CFL rushers with 1,054 yards and averaged 5.2 yards per attempt.

But he certainly had a nose for the end zone, running for a league-best 13 TDs.

ON DEFENCE

Both defences have more to prepare for than hard-running tailbacks, as both Burris and Saskatchewan quarterback Darian Durant are threats to make big plays with their legs as well as their arms.

Durant, the league's passing leader with 5,542 yards, was also the CFL's top-rushing quarterback with 618 yards at a sparkling average of 7.7 yards per attempt. Burris was second with 491 yards, averaging seven yards per rush.

Both can run away from pressure to buy time to look downfield or gain positive yards on the run. However, each has a stellar receiving corps so rival defences have to respect the pass and can't load up the box to stop the run.

THE KEY TO WINNING

If there's an edge, it has to be Burris's experience. The 12-year veteran has been here before, knows what it takes to win and has led a team to a championship. Durant certainly is one of the CFL's top young stars, but there are questions about his consistency.

Durant had a terrible opening half in last week's division semifinal before helping rally Saskatchewan to a thrilling 41-38 overtime victory over B.C. He can't afford to struggle early and see his team fall behind the veteran-laden Stampeders.

PREDICTION

Calgary 27
Saskatchewan 24

EAST DIVISION

It didn't take long for the war of words to heat up between these two teams.

Early in the week, Montreal linebacker Diamond Ferri said Argos quarterback Cleo Lemon would be "shark bait" to the Alouettes defence, which would hit him hard and often.

That prompted Toronto tailback Cory Boyd, the most happy-go-lucky player in the league, to say if Ferri or any other Montreal defender wanted to get to Lemon, they'd have to go through him.

But this game will be settled on the field, where the two teams split their regular-season four-game series.

UNDERDOGS

The Argos come in as decided underdogs, which is fine with them.

But to pull off the upset, Toronto's defence and special teams will have to shine, much like they did in the club's 16-13 semifinal win over Hamilton.

The Double Blue forced five turnovers in that game, including two key ones on special teams.

Kick-returner supreme Chad Owens, who led the CFL in kick, punt and missed field-goal returns as well as all-purpose yards, must have a big game and give Toronto's offence solid field position. The Argos can't be forced to continually have to mount long drives against an athletic and quick Montreal defence.

Montreal's offence, anchored by the veteran savvy of Calvillo, doesn't often beat itself. Calvillo rarely throws interceptions at the best of times let alone in a dome under ideal conditions.

That puts a lot of pressure on a decent Toronto defence to be solid throughout.

KEY PLAYER

Boyd will be a key offensive figure for Toronto. If he has a big game, that will help buy Lemon some time because the Als will have to respect the running game.

But if Montreal shuts Boyd down and dares Lemon to beat them through the air with the CFL's worst passing attack, well, advantage Alouettes.

If Toronto wins the turnover and field position battles, it has a chance at the upset.

PREDICTION

Montreal 30
Toronto 21

King Felix gets his Cy Young coronation

For once, Felix Hernandez got all the support he needed for a big win.

The Seattle Mariners ace earned the AL Cy Young Award Thursday despite a modest 13-12 record.

His major league-leading 2.27 ERA and superior stats put him far ahead of Tampa Bay's David Price and the Yankees' CC Sabathia and their impressive win-loss numbers.

Victimized by the Mariners' poor hitting all season, Hernandez found ample backing with the voters in this pitchers' duel. They clearly recognized how little the last-place Mariners helped him — in 10 starts, they were either shut out or held to one run.

"This confirms the Cy Young is an award not only for the pitcher with the most wins, but the most dominant," a teary-eyed Hernandez said while celebrating with relatives at the family home in Valencia, Venezuela.

King Felix got 21 of the 28 first-place votes and 167 points in balloting by the Baseball Writers' Association of America. The 24-year-old right-hander led the league in innings (249⅔), was second in strikeouts (232) and held AL opponents to the lowest batting average (.212).

Price, who went 19-6 with a 2.72 ERA, was second with four first-place votes and 111 points. Sabathia, who was 21-7 with a 3.18 ERA, drew the other three first-place votes and finished third at 102.

"Felix is VERY deserving of the award," Price tweeted. "I don't think people understand the numbers he put up outside wins/losses!"

The 13 wins by Hernandez marked the fewest for a Cy Young starter in a full season.

THE ASSOCIATED PRESS

Sports in brief

Khabibulin goes on IR

NHL. The Edmonton Oilers have placed goaltender Nikolai Khabibulin on injured reserve with a groin injury.

The struggling 4-10-3 Oilers have recalled Martin Gerber from the AHL.

THE CANADIAN PRESSS

4 sports

Quoted

"We will move ahead, and move ahead pretty quickly."

BASEBALL COMMISSIONER BUD SELIG, ON PLANS TO ADD TWO WILD-CARD TEAMS TO THE PLAYOFFS. BECAUSE BASEBALL'S LABOUR CONTRACT RUNS TO DECEMBER 2011, THE EXTRA ROUND OF PLAYOFFS IS NOT LIKELY TO START UNTIL 2012.

"I'm not going to rule out anything. We'll just proceed and whatever we decide, then we'll just see how fast we can get it done."

SELIG

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d-Philadelphia	20	12	6	2	0	70	49	26	8-4-0-0	4-2-2-0	7-2-1-0	L2
d-Montreal	19	12	6	1	0	49	39	25	6-4-1-0	6-2-0-0	6-4-0-0	L1
Boston	17	11	5	0	1	51	31	23	4-4-0-1	7-1-0-0	6-3-0-1	W3
Tampa Bay	19	10	7	2	0	60	63	22	4-2-1-0	6-5-1-0	4-5-1-0	W2
Pittsburgh	20	10	8	2	0	61	53	22	4-5-1-0	6-3-1-0	5-4-1-0	W1
NY Rangers	19	10	8	1	0	57	52	21	4-6-1-0	6-2-0-0	6-4-0-0	L1
Ottawa	19	9	9	1	0	47	60	19	5-4-0-0	4-5-1-0	6-4-0-0	L2
Carolina	18	9	9	0	0	58	61	18	5-3-0-0	4-6-0-0	5-5-0-0	W1
Toronto	18	7	8	1	2	43	52	17	5-4-1-1	2-4-0-1	2-6-0-2	W2
Atlanta	19	7	9	1	2	58	69	17	3-5-0-1	4-4-1-1	3-5-0-2	L3
Buffalo	20	7	10	3	0	53	64	17	2-6-1-0	5-4-1-0	4-4-2-0	L1
Florida	17	8	9	0	0	46	44	16	5-2-0-0	3-7-0-0	5-5-0-0	L1
New Jersey	19	5	12	1	1	34	62	12	1-5-1-1	4-7-0-0	3-6-0-1	L1
NY Islanders	18	4	11	1	2	39	62	11	2-3-0-1	2-8-1-1	0-9-0-1	L11

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	16	12	3	0	1	58	40	25	8-1-0-1	4-2-0-0	8-2-0-0	W4
d-Los Angeles	17	12	5	0	0	53	39	24	8-1-0-0	4-4-0-0	7-3-0-0	L2
d-Vancouver	18	10	5	1	2	55	46	23	6-0-0-1	4-5-1-1	7-2-1-0	L2
Anaheim	21	10	8	2	1	52	61	23	7-1-0-1	3-7-2-0	6-2-2-0	L3
San Jose	18	9	5	4	0	55	49	22	6-2-2-0	3-3-2-0	5-2-3-0	L2
Chicago	21	10	9	1	1	62	59	22	5-7-0-0	5-2-1-1	4-5-0-1	W2
St. Louis	17	9	5	1	2	44	47	21	6-0-0-1	3-5-1-1	6-3-0-1	L4
Colorado	18	10	7	1	0	63	56	21	5-4-0-0	5-3-1-0	6-3-1-0	W2
Phoenix	18	8	5	4	1	50	54	21	4-2-2-1	4-3-2-0	6-2-1-1	W4
Columbus	16	10	6	0	0	46	41	20	5-5-0-0	5-1-0-0	7-3-0-0	W1
Dallas	17	10	7	0	0	53	49	20	7-3-0-0	3-4-0-0	5-5-0-0	W2
Minnesota	17	9	6	0	2	40	39	20	6-3-0-1	3-3-0-1	5-4-0-1	W2
Nashville	17	8	6	3	0	45	48	19	3-1-3-0	5-5-0-0	4-6-0-0	W1
Calgary	17	7	10	0	0	47	52	14	4-5-0-0	3-5-0-0	3-7-0-0	L3
Edmonton	17	4	10	1	2	42	71	11	2-5-0-0	2-5-1-2	2-6-1-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 4 Florida 0
Toronto 3 New Jersey 1
Tampa Bay 8 Philadelphia 7
Nashville 3 Montreal 0
Dallas 5 San Jose 4 (OT)
Wednesday's results
Carolina 7 Ottawa 1
Chicago 5 Edmonton 0
Phoenix 3 Calgary 1
Pittsburgh 3 Vancouver 1
Boston 3 N.Y. Rangers 2
Colorado 4 San Jose 3 (OT)
Columbus 5 Los Angeles 3
Detroit 7 St. Louis 3
Florida 2 Atlanta 1
Minnesota 2 Anaheim 1 (OT)
Tampa Bay 4 N.Y. Islanders 2
Washington 4 Buffalo 2
Tonight's games
(All times Eastern)
Carolina at Pittsburgh, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Los Angeles at Buffalo, 7:30 p.m.
Washington at Atlanta, 7:30 p.m.
Ottawa at St. Louis, 8 p.m.
N.Y. Rangers at Colorado, 9 p.m.
Phoenix at Edmonton, 9 p.m.
Chicago at Calgary, 9:30 p.m.
Columbus at Anaheim, 10 p.m.

LEAFS 3, DEVILS 1

First Period
No Scoring.
Penalties — Volchenkov NJ (hooking) 10:33, Rolston NJ (tripping) 19:48.
Second Period
1. Toronto Grabovski 5 (Kulemin, MacArthur) (pp) 1:43
2. Toronto Kessel 9 (Kadri, Komisarek) 7:29
3. New Jersey Zubrus 2 (Vasyunov, Kovalchuk) 10:14
Penalties — Mitchell Tor (delay of game) 2:18, Schenn Tor (cross-checking) 18:46.
Third Period
4. Toronto Versteeg 5 (Kadri, Kaberle) (pp) 13:17
Penalty — Corrente NJ (cross-checking) 12:14.
Shots

New Jersey	6	12	12	30
Toronto	11	9	7	27

Goal (shots-saves) — New Jersey: Brodeur (20-18)(L,4-10-1); Hedberg (7-6) (start of third); Toronto: Gustavsson (W,2-3-1) **Power plays (goals-chances)** — New Jersey: 0-2 Toronto: 2-3.
Att. — 19,271 at Toronto.

PREDATORS 3, CANADIENS 0

First Period
No Scoring.
Penalty — S.Kostiysyn Nash (tripping) 17:50.
Second Period
1. Nashville, Goc 4 (Bouillon) 1:19
Penalties — Franson Nash (high-sticking) 5:28, Sullivan Nash (hooking) 7:00, Ward Nash (delay of game) 11:00, Cammalleri Mtl (interference) 12:21.
Third Period
2. Nashville, O'Reilly 4 (Sullivan, Hornqvist) 8:55
3. Nashville, Goc 5 (Klein, Bouillon) 11:57
Penaltes — Hamrlik Mtl (interference) 3:28, Spacek Mtl (tripping) 17:47.
Shots

Nashville	16	5	9	30
Montreal	9	12	9	30

Goal — Nashville: Rinne (W,5-5-2); Montreal: Price (L,11-6-1). **Power plays (goals-chances)** — Montreal 0-4; NNashville: 0-3.
Att. — 21,273 at Montreal.

SCORING LEADERS

	G	A	PT
Stamkos, TB	19	16	35
Crosby, Pgh	13	16	29
St. Louis, TB	8	19	27
Semin, Wash	14	11	25
Ovechkin, Wash	10	15	25
D.Sedin, Vcr	12	12	24
B.Richards, Dal	9	15	24
H.Sedin, Vcr	2	22	24
C.Stewart, Col	11	11	22
Giroux, Pha	10	12	22
Perry, Ana	9	13	22
Roy, Buf	9	13	22
E.Staal, Car	9	13	22
Sharp, Chi	11	10	21
M.Richards, Pha	8	13	21
Selanne, Ana	8	13	21
Backstrom, Wash	6	15	21
Eriksson, Dal	9	11	20
Getzlaf, Ana	7	13	20
Plekanec, Mtl	7	13	20
Hejduk, Col	5	15	20

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
KANSAS CITY ROYALS—Signed RHP Steven Shell and OF Brett Carroll to minor league contracts. Re-signed RHP Luis Mendoza, RHP Julio Pimentel, C Cody Clark, INF Irving Falu, INF Mario Lisson and INF Jamie Romak to minor-league contracts.
MINNESOTA TWINS—Signed manager Ron Gardenhire to a two-year contract extension through the 2013 season. Signed pitching coach Rick Anderson, bench coach Steve Liddle, bullpen coach Rick Stelmaszek, third base coach Scott Ullger, hitting coach Joe Vavra, first base coach Jerry White, athletic trainer Rick McWane, assistant athletic trainer Dave Pruemer and strength and conditioning coordinator Perry Castellano to two-year contracts through the 2012 season.
NEW YORK YANKEES—Traded 1B Juan Miranda to Arizona for RHP Scott Allen.
NATIONAL LEAGUE
ATLANTA BRAVES—Named Marty Reed pitching coach for Gwinnett (IL); Rocket Wheeler manager and Mike Alvarez pitching coach for Mississippi (SL); Luis Salazar manager, Derek Botelho pitching coach and Bobby Moore hitting coach for Lynchburg (Carolina); Paul Runge manager, Derrick Lewis pitching coach, Carlos Mendez hitting coach and Ty Cobbs trainer for Rome (SAL); Randy Ingle manager, Gabe Lukert pitching coach and D.J. Boston hitting coach for Danville (Appalachian); Jonathan Schuerholz manager, Vladimir Nunez pitching coach and Brandon Harris trainer for the Braves (GCL).
COLORADO ROCKIES—Traded INF Clint Barmes to Houston Astros for RHP Felipe Paulino.

AMERICAN ASSOCIATION

FARGO-MOORHEAD REDHAWKS—Signed INF Carlo Cota.

FOOTBALL

NFL

CINCINNATI BENGALS—Signed DE Victor Adeyanju. Placed DE Jonathan Fanene on injured reserve.
CLEVELAND BROWNS—Signed OL Jeff Hansen to the practice squad.
NEW YORK JETS—Waived DL Jarron Gilbert.

HOCKEY

NHL

LEAGUE OFFICE—Suspended Calgary F Olli Jokinen three games for a cross check to the head of Colorado's Wojtek Wolski in a Nov. 17 game. Suspended Tampa Bay F Mattias Ritola two games for hitting New York Islander Matt Moulson from behind in a Nov. 17 game.
CAROLINA HURRICANES—Reassigned D Brett Carson to Charlotte (AHL).
EDMONTON OILERS—Placed G Nikolai Khabibulin on injured reserve. Recalled G Martin Gerber from Oklahoma City (AHL).
MONTREAL CANADIENS—Recalled D Yannick Weber from Hamilton (AHL).
NEW YORK ISLANDERS—Assigned F Jon Sim to Bridgeport (AHL).
TAMPA BAY LIGHTNING—Recalled F James Wright and D Matt Roy from Norfolk (AHL).

AHL

CHARLOTTE CHECKERS—Assigned F Jared Staal to Florida (ECHL).
SPRINGFIELD FALCONS—Signed F Jay Pandolfo.

LACROSSE

NLL

COLORADO MAMMOTH—Signed F John Grant, Jr. to a three-year contract and F Dan Carey to a one-year contract. Placed F Derek Malawsky on the holdout list.
TORONTO ROCK—Agreed to terms with G Bob Watson on a one-year contract.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	9	2	.818	—
New Jersey	4	7	.364	5
New York	4	8	.333	5½
Toronto	3	9	.250	6½
Philadelphia	2	10	.167	7½

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	8	3	.727	—
Atlanta	8	4	.667	½
Miami	7	4	.636	1
Charlotte	4	7	.364	4
Washington	3	7	.300	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	6	4	.600	—
Cleveland	5	5	.500	1
Indiana	5	5	.500	1
Milwaukee	5	6	.455	1½
Detroit	4	8	.333	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	9	1	.900	—
San Antonio	9	1	.900	—
Dallas	7	3	.700	2
Memphis	4	8	.333	6
Houston	3	8	.273	6½

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	8	4	.667	—
Oklahoma City	7	4	.636	½
Portland	8	5	.615	½
Denver	6	6	.500	2
Minnesota	4	9	.308	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	10	2	.833	—
Golden State	7	4	.636	2½
Phoenix	6	6	.500	4
Sacramento	3	7	.300	6
L.A. Clippers	1	12	.077	9½

Last night's results
Indiana 107 L.A. Clippers 80
Orlando 105 Phoenix 89
Portland 86 Denver 83
Wednesday's results
Miami 123 Phoenix 96
Toronto 94 Philadelphia 86
Boston 114 Washington 83
L.A. Lakers 103 Detroit 90
Minnesota 113 L.A. Clippers 111
New Orleans 99 Dallas 97
Oklahoma City 116 Houston 99
Utah 98 New Jersey 88
San Antonio 103 Chicago 94
New York 113 Sacramento 106
Tonight's games
(All times Eastern)
Oklahoma City at Boston, 7 p.m.
Milwaukee at Philadelphia, 7 p.m.
Houston at Toronto, 7 p.m.
Memphis at Washington, 7 p.m.
Charlotte at Miami, 7:30 p.m.
L.A. Lakers at Minnesota, 8 p.m.
Cleveland at New Orleans, 8 p.m.
San Antonio at Utah, 9 p.m.
Chicago at Dallas, 9:30 p.m.
New Jersey at Sacramento, 10 p.m.
New York at Golden State, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	11	101	88	308	28.0
Ellis, GOL	11	110	59	292	26.5
Bryant, LAL	12	105	88	316	26.3
Rose, CHI	10	101	40	255	25.5
Anthony, DEN	11	101	59	271	24.6
Wade, MIA	11	87	79	264	24.0
Gordon, LAC	10	77	72	236	23.6
Nowitzki, DAL	10	89	56	236	23.6
Gay, MEM	12	113	35	281	23.4
Westbrook, OKC	11	81	92	256	23.3
Martin, HOU	11	72	89	254	23.1
Gasol, LAL	12	111	53	275	22.9
Scola, HOU	11	102	48	252	22.9
Williams, UTA	12	88	73	267	22.3
Beasley, MIN	12	106	41	266	22.2

Not including last night's games

SOCCER

MLS PLAYOFFS

THIRD ROUND

Championship
MLS Cup
At Toronto
Sunday's game
(All times Eastern)
Colorado vs. FC Dallas, 8:30 p.m.

GOLF

EUROPEAN PGA
HONG KONG OPEN

At Hong Kong
Par 70
First Round

Mark Brown	31-31—62
Rory McIlroy	30-33—63
Jeev Milkha Singh	33-30—63
Simon Dyson	31-33—64
Soren Hansen	32-32—64
Graeme McDowell	32-33—65
Damien McGrane	33-32—65
Nam Young	30-35—65
Rhys Davies	32-33—65
Oliver Wilson	32-33—65
Kenneth Ferrie	30-35—65
Thongchai Jaidee	34-32—66
David Horsey	33-33—66
Richie Ramsey	30-36—66
Mo Joong-kyung	30-36—66
Srirot Thammanoon	34-32—66
Gregory Bourdy	33-33—66
Tano Goya	32-34—66
Anders Hansen	34-32—66
David Howell	33-33—66
Jamie Donaldson	34-32—66
Ricardo Gonzalez	34-32—66
Also	
Ian Poulter	32-35—67
YE Yang	34-34—68
John Daly	33-36—69
Colin Montgomerie	34-35—69
Miguel Angel Jimenez	33-39—72

CHAMPIONS TOUR Q-SCHOOL

At Coral Springs, Fla.
Par 72
Third Round

Keith Clearwater	68-69-63—200
Lee Rinker	68-69-66—203
John Morse	67-72-66—205
Robert L. Thompson	72-69-66—207
Phil Blackmar	67-71-69—207
Fred Holton	67-70-70—207
Trevor Dodds	71-66-70—207
Roger Chapman	70-67-70—207
Jim Rutledge	**70-69-69—208**
Frankie Minoza	66-68-74—208
Rick Karbowski	69-70-70—209
J.L. Lewis	66-72-71—209
Kim Young	71-67-71—209
Sonny Skinner	68-70-71—209
Tom Byrum	72-71-68—211
Joe Daley	68-72-71—211
Chris Starkjohann	70-68-73—211
Mark Mouland	69-74-69—212
Steve Haskins	74-69-69—212
Mike Donald	75-69-68—212
Barry Lane	71-69-72—212
James Mason	68-71-73—212
Jay Delsing	69-73-71—213
Matt Seitz	70-72-71—213
Boonchu Ruangkit	72-70-71—213
Mike Lawrence	75-69-69—213
Warren N. Jurkowitz	71-70-72—213
Damon Green	74-67-72—213
Tom McKnight	69-72-72—213

MLB

AL CY YOUNG AWARD WINNERS

x-unanimous choice
2010 - Felix Hernandez, Seattle
2009 - Zack Greinke, Kansas City
2008 - Cliff Lee, Cleveland
2007 - C.C. Sabathia, Cleveland
2006 - Johan Santana-x, Minnesota
2005 - Bartolo Colon, Los Angeles
2004 - Johan Santana-x, Minnesota
2003 - Roy Halladay, Toronto

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	7	2	0	.778	208	150
New England	7	2	0	.778	258	214
Miami	5	5	0	.500	172	208
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	162
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	3	0	.700	191	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 11

Last night's result
Chicago 16 Miami 0
Sunday's games
(All times Eastern)
Detroit at Dallas, 1 p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m.
Houston at N.Y. Jets, 1 p.m.
Buffalo at Cincinnati, 1 p.m.
Arizona at Kansas City, 1 p.m.
Cleveland at Jacksonville, 1 p.m.
Baltimore at Carolina, 1 p.m.
Green Bay at Minnesota, 1 p.m.
Atlanta at St. Louis, 4:05 p.m.
Seattle at New Orleans, 4:05 p.m.
Tampa Bay at San Francisco, 4:05 p.m.
Indianapolis at New England, 4:15 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Monday's game
Denver at San Diego, 8:30 p.m.

CFL

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.

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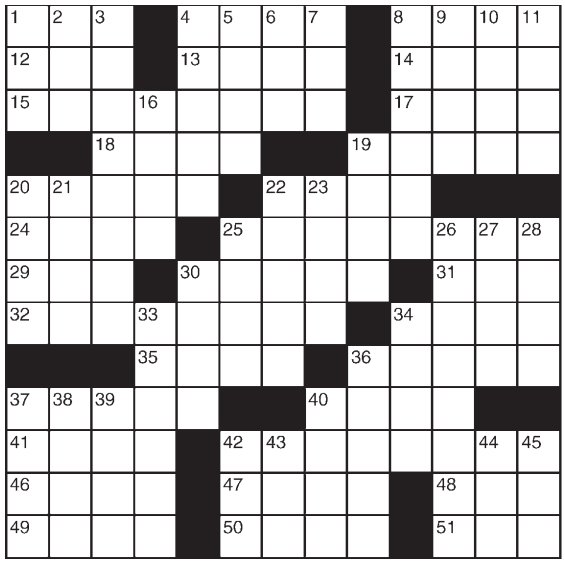
Crossword



Across

1 Year-end abbr.
4 Couch
8 — and crafts
12 Eggs
13 Do surveillance on
14 Enticement
15 Australia's capital
17 Recognize
18 Tramcar loads
19 Brigantine pair
20 Of an eye layer
22 Glide along
24 Drought relief
25 Biblical song
29 Sermon subject
30 Serf
31 "— the fields we go"
32 Episcopal, perhaps
34 Overly proper one
35 Go first
36 Artist's plaster of Paris mix
37 Wanderer
40 Ganges wrap
41 Grad
42 Jerky cousin?
46 Actress Wilson
47 Calla lily, e.g.
48 Time of your life?
49 Drunkards
50 Information
51 Present"

Down

1 Happy companion?
2 Actress Mendes
3 Going downriver, in a way
4 Superman comparison
5 Scull supply
6 Evergreen type
7 — carte
8 High-pH chemical
9 Baseball scores
10 Jog
11 Stitches
16 Cereal choice
19 Catcher's aid
20 — Major
21 Conceited
22 Dieter's lunch
23 In due time
25 Anatomical cavities
26 Napoleon, by birth
27 Mainlanders' mementos
28 Therefore
30 Wasted no time
33 Camels' kin
34 Persian spirit
36 Third letter
37 Siestas
38 Margarine
39 No purebred
40 Filth
42 Cushion
43 Historic period
44 Past
45 Fresh

▶ Yesterday's answer

S	H	E	M		J	O	G		T	R	A	Y		
M	E	N	U		E	R	E		W	A	D	E		
U	R	D	U		A	R	R		E	N	O	S		
T	A	S	M	A	N		M	E	E	K				
			U	P	S	T	A	N	D	I	N	G		
I	N	P	U	T		O	N	E		N	E	O		
B	A	R	S		S	P	Y		A	G	A	R		
I	T	O		A	N	A		D	U	S	T	Y		
D	O	W	N	S	I	Z	I	N	G					
		L	I	S	P		M	A	M	M	A	L		
I	B	I	S		P	E	A		E	E	L	Y		
S	A	N	E		E	G	G		N	O	S	E		
M	A	G	I		T	O	E		T	W	O	S		

Sudoku

				1		7	8	5
		4						2
	3				2		6	
			8			3		
5	7		6		1		9	4
		9			3			
	1		2				5	
3						6		
9	8	7		4				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	8	1	6	9	5	2	7	3
7	3	2	4	8	1	5	9	6
5	9	6	7	2	3	1	8	4
2	5	9	1	6	8	3	4	7
6	4	3	2	5	7	8	1	9
1	7	8	3	4	9	6	2	5
9	1	5	8	3	4	7	6	2
8	2	4	5	7	6	9	3	1
3	6	7	9	1	2	4	5	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Sweet Kris,I luv u more than words.No1 will ever replace u in my heart EVER!! I'll always b ur star.As u will always b my light.Hopefully u realize I'm that sooner than l8r. **LUV LINDA**

Jouvie my love, I want you to know how much I love you. For me, this is the most important thing in this paper this morning by far. Never forget I LOVE YOU! Happy Birthday!!! ***AMOURXXX***

To My Scotty
if you don't take a chance on love & take that leap with faith alone, then all the mysteries & joys of love, will remain to you unknown

Dear Shiv Deathdunks,
I cant wait till I'm old and wrinkly with laugh lines, because then everyone will know how happy you've made me. I love you.
RED

Today 4°/0° Rain and snow 90%
Saturday 4°/-3° Partly cloudy
The Weather Network Download WeatherEye to your smartphone.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be swamped with interesting offers today. Go for something a little quirky. It will appeal to your sense of adventure.

♉ Taurus April 21-May 21 Good fortune of one sort or another is heading your way and with the Sun and Uranus on the best possible terms you are sure to be surprised by how quickly it arrives and how dramatically it changes your life.

♊ Gemini May 22-June 21 Sometimes you can be a bit outspoken, which generally is a good thing, but you would be wise to watch what you say today. Not everyone is ready for your message.

♋ Cancer June 22-July 22 You don't have to be perfect in everything you do. Both at home and at work you will achieve more if you stop fretting and just act.

♌ Leo July 23-Aug.23 Isn't it time you got started on bringing some kind of dream into physical being? You have thought about it and planned it in your mind long enough – now you must act, and act quickly.

♍ Virgo Aug. 24- Sept. 22 How serious are you about your aims and ambitions? Serious enough to risk everything you have accomplished up until now? That's the kind of motivation you will need to move up to the next level.

♎ Libra Sept. 23-Oct. 23 There is something you have wanted to do for years but for one reason or another never quite go around to. You must get your act together and show the world what you can do.

♏ Scorpio Oct. 24-Nov. 22 If you trust your instincts and follow your hunches you can achieve great things today. The Sun in your sign, allied to Uranus in Pisces, will inspire you. Fame and fortune await.

♐ Sagittarius Nov. 23-Dec. 21 The past few weeks have not been easy but now you can sense that a change is coming. When the Sun moves into your sign early next week you'll feel free to be yourself again.

♑ Capricorn Dec. 22-Jan. 20 This is no time for regret or remorse. What's done is done and cannot be undone, so forget about the past and think only of the future.

♒ Aquarius Jan. 21-Feb. 18 Uranus, your ruler, is on fine form today, so be true to your sign and do something out of the ordinary – the kind of thing no one would expect. Career-wise and money-wise you could hit the big time.

♓ Pisces Feb. 19-March 20 What is the one thing you desire more than anything else? Are you close to getting it yet? If not, don't worry because the breakthrough you've been waiting for is coming. ● **SALLY BROMPTON**

NG HAN GUAN/THE ASSOCIATED PRESS

Caption contest

"Stay close! You don't want to get lost!"
BRETT BUTLER

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Punta Cana	from $299 + taxes & fees $322
Honolulu	from $369 + taxes & fees $125
Chicago	from $389 + taxes & fees $123
New York	from $389 + taxes & fees $117
Maui	from $438 + taxes & fees $120
Panama	from $489 + taxes & fees $235
Costa Rica	from $599 + taxes & fees $239
Hong Kong	from $669 + taxes & fees $165
Lima	from $739 + taxes & fees $282
Paris	from $749 + taxes & fees $413
Tokyo	from $759 + taxes & fees $371
Sydney	from $859 + taxes & fees $436

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Victoria Christmas Family Special, 3 Nights
from **$99**◊
taxes & fees included
INCLUDES central accom close to Victoria's Inner Harbour over the Christmas holiday weekend. Price per person based on family of 4.

Tofino 2 Nights — from $149 taxes & fees included
INCLUDES accom close to town and surfing beach.

Whistler Valentine's Day Special 2 Nights — from $269 taxes & fees included
INCLUDES accom in the heart of Whistler Village. ADD Blackcomb Mountain Snowmobile Safari from $159.

Yukon Northern Lights Air + 2 Nights + Activity — from $479 + taxes & fees $151
INCLUDES Whitehorse accom and Northern Lights excursion with transfers.

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Puerto Vallarta
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Mazatlan 7 Nights 5-Star	from $465 + taxes & fees $290
Punta Cana 7 Nights 4-Star	from $597 + taxes & fees $322
Los Cabos 7 Nights 5-Star	from $627 + taxes & fees $274
Mayan Riviera 7 Nights 4-Star	from $697 + taxes & fees $274
Jamaica 7 Nights 4-Star	from $849 + taxes & fees $290

Event Vacations

Boston St Patrick's Day Special Air + 3 Nights
from **$679**
+ taxes & fees $120
INCLUDES 4-star central accom.

San Francisco New Year's Eve Special 4-Day Tour — from $739 taxes & fees included
INCLUDES accom, some meals, sightseeing and 3-hour private dinner/dance cruise on the bay with an open bar & views of the fireworks. Tour for ages 18-35.

New York Valentine's Day Special Air + 3 Nights — from $779 + taxes & fees $132
INCLUDES Manhattan accom.

Las Vegas New Year's Eve Special 4-Day Tour — from $815 taxes & fees included
INCLUDES accom, some meals, sightseeing and New Year's Eve at a Las Vegas club with open bar. Tour for ages 18-35.

USA

Las Vegas Air + 3 Nights
from **$259**
+ taxes & fees $107
INCLUDES accom on the Strip. UPGRADE to 4-star accom from $27 per night.

Anaheim Air + 3 Nights — from $499 + taxes & fees $128
INCLUDES accom close to theme parks.

Phoenix Air + 3 Nights 4-Star — from $499 + taxes & fees $95
INCLUDES resort-style accom close to shopping and championship golf courses. ADD Grand Canyon helicopter day trip from $329.

Hollywood Air + 4 Nights — from $518 + taxes & fees $129
INCLUDES accom close to attractions. ADD Hollywood Trolley tour from $22.

Chicago Air + 3 Nights — from $597 + taxes & fees $100
INCLUDES central accom. ADD 1-day Go Chicago Card from $74.

Spring Break Vacations

Sun Peaks
Family Special, 4 Nights
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taxes & fees included
INCLUDES accom in the heart of Sun Peaks Village. Price per person based on family of 4.

San Diego Family Special Air + 6 Nights + Car — from $549◊ + taxes & fees $103
INCLUDES accom in San Diego close to theme parks & 6-day midsize car rental with unlimited mileage. Price per person based on family of 4.

Honolulu Air + 7 Nights — from $948 + taxes & fees $110
INCLUDES Waikiki accom with kitchenette. ADD Paradise Cove Orchid Luau from $127.

Austria Air + 7 Nights + Ski Passes — from $1449 + taxes & fees $472
INCLUDES return air to London, all transfers & 6-day ski pass. Tour for ages 18-35. ADD equipment rental from $75.

Cruises

Western Caribbean
4-Night Cruise
from **$198**
+ taxes & fees $86
CRUISE roundtrip Miami and visit Key West & Cozumel.

Eastern Caribbean 5-Night Cruise — from USD $219 + taxes & fees USD $76
CRUISE roundtrip Miami and visit Nassau, Half Moon Cay & Grand Turk.

Southern Caribbean 7-Night Cruise — from $399 + taxes & fees $51
CRUISE roundtrip San Juan and visit St Croix, St Kitts, Dominica, Grenada & Tobago.

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HIGHLIGHTS Delhi, Agra, Chanderi, Orchha, Alipura, Khajuraho, Bandhavgarh National Park and Varanasi. Roundtrip Delhi.

Africa 21-Day Tour — sale $1696 taxes & fees included
HIGHLIGHTS Cape Town, Gariep River, Fish River Canyon, Namib Desert, Swakopmund, Damarland, Etosha National Park, Waterberg Plateau Game Park, Windhoek, Kalahari, Maun, Okavango Delta, Gweta, Chobe River & Livingstone (Zambia). Departs Cape Town.

Vacations

Australia
Air + 12 Nights
from **$1489**
+ taxes & fees $404
INCLUDES 10 nights Surfers Paradise beach accom and 2 nights Sydney accom.

Rio de Janeiro Air + 7 Nights — from $1389 + taxes & fees $216
INCLUDES 4-star accom near Copacabana Beach.

Malaga Air + 15 Nights — from $1619 + taxes & fees $383
INCLUDES beach resort style accom in Costa del Sol, southern Spain.

Thailand Air + 8 Nights — from $1689 + taxes & fees $238
INCLUDES return air to Phuket with Cathay Pacific, 3 nights 5-star Koh Lanta accom with breakfast on private beach & 5 nights 4-star Phuket accom with breakfast.

Goa & Mumbai Air + 10 Nights — from $1829 + taxes & fees $360
INCLUDES 2 nights 5-star Mumbai accom & 8 nights 4-star Goa accom.

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